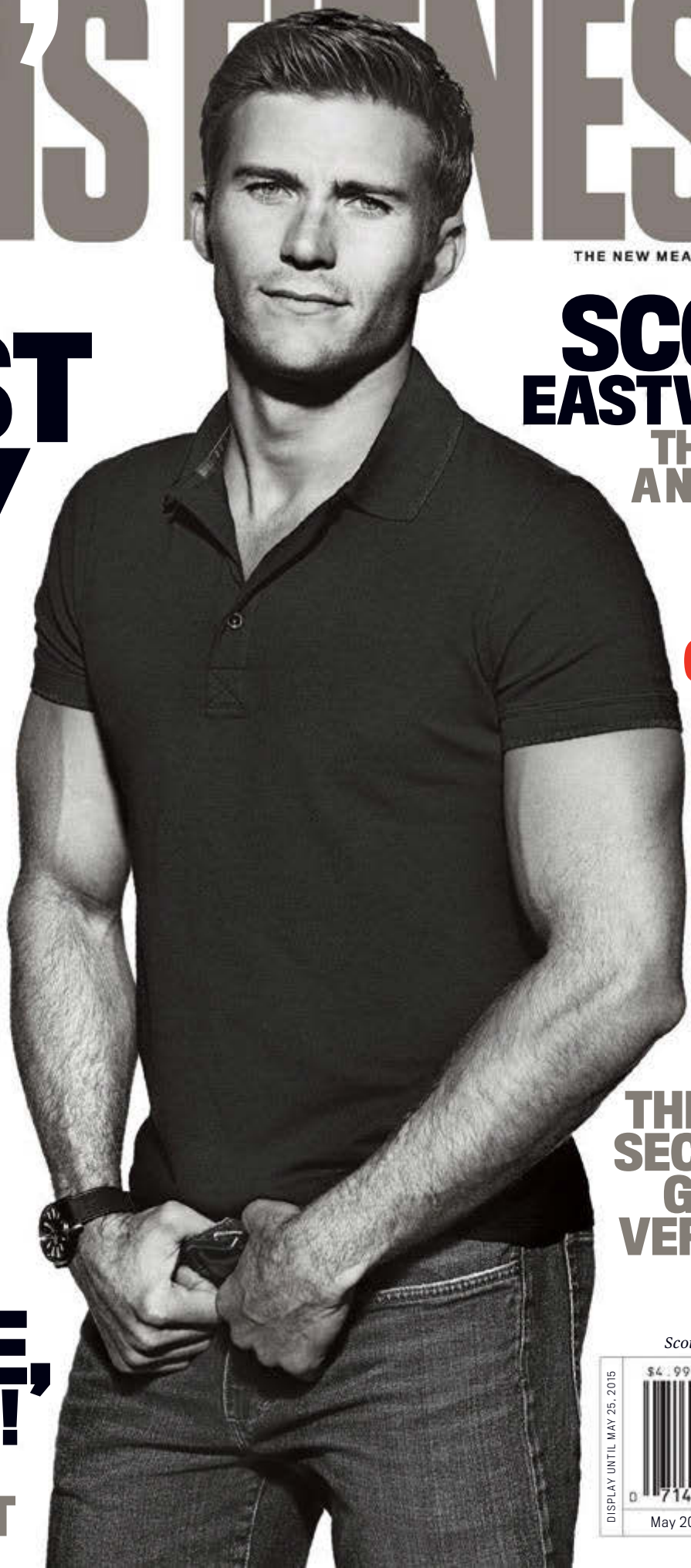
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PETER YANG


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Clockwise from top left: Jarren Vink, Joao Canziani, Levi Brown

BY MOVING SIDE TO SIDE
SHAVING HAS FINALLY
MOVED FORWARD





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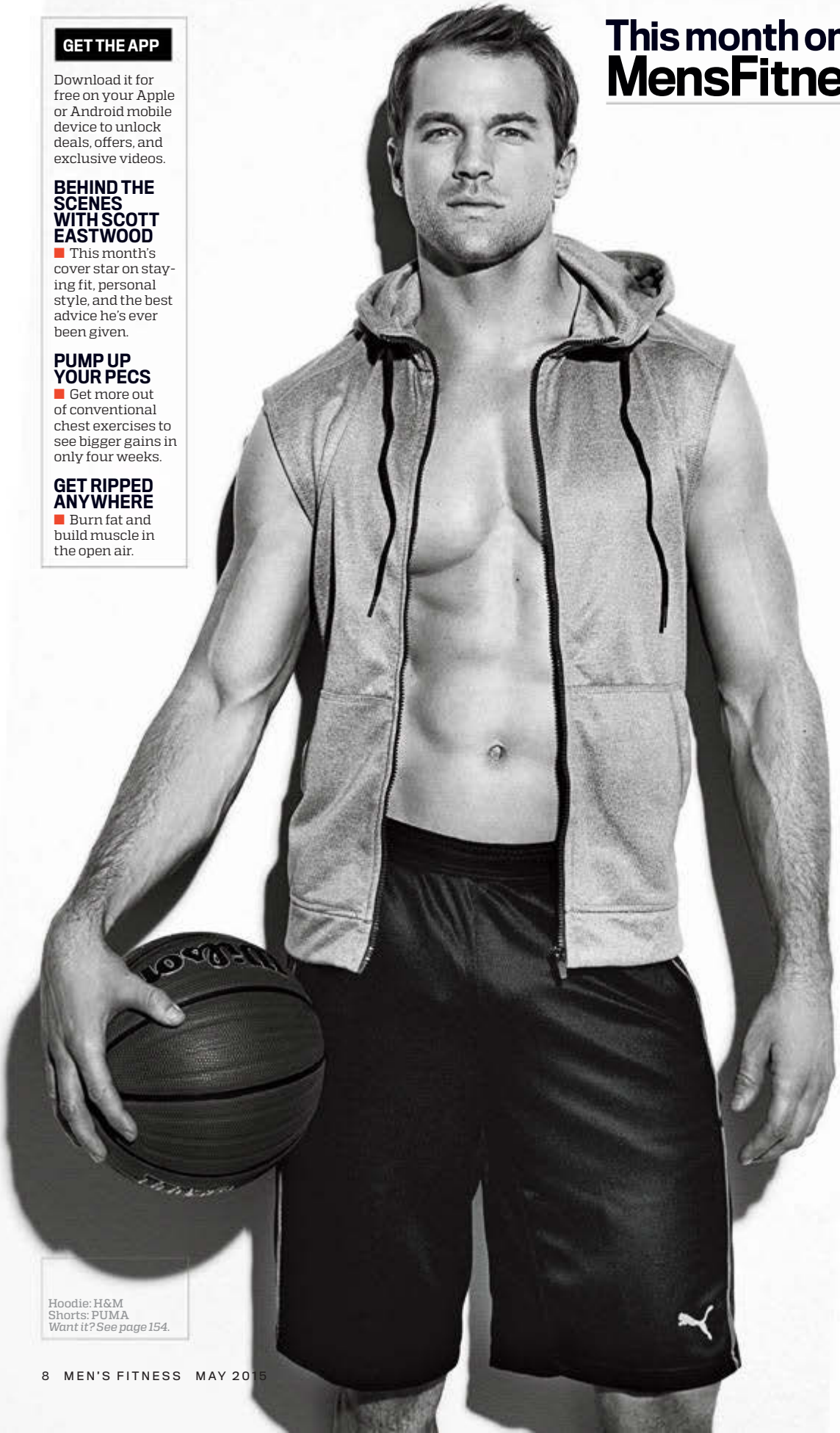
■ This month's cover star on staying fit, personal style, and the best advice he's ever been given.

PUMP UP YOUR PECS

■ Get more out of conventional chest exercises to see bigger gains in only four weeks.

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Hoodie: H&M
Shorts: PUMA
Want it? See page 154.

This month on MensFitness.com

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More than 20 experts and trainers weigh in on which are worth your time.
▸ *mensfitness.com/bestexercises*

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Enjoy a dinner without getting a gut.
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IS SHE STRINGING YOU ALONG?

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View from the top

Meeting the challenges

How do you measure the quality of a man? ¶ Over the course of my career, I've hired thousands of men—and women—often for top-tier jobs that could make or break a company. The most important skill you can have on your journey to the top is the ability to hire well—to have the guts to choose someone who's smarter, tougher, and harder-working than you are. But an interview lasts maybe 30 minutes. How can you tell just who's in front of you?

When I hire someone, I always try to look beyond the pressed suit, well-groomed hair, and polished résumé. I don't ask, "What have you done?" but rather, "How did you do it?" I can tell you from experience that what really makes a man is his work ethic. How hard is he willing to push himself? What will he do to make sure the job's done right? How creative can he be—and how willing is he to put it all on the line?

Here are three qualities I look for in a guy I trust: "A man's *got* to know his limitations"—but then exceed them, to put a spin on one of legend Clint Eastwood's most famous movie lines, from the classic *Magnum Force*. For example: Imagine being his son, Scott Eastwood, this month's cover star. Scion of Hollywood royalty, Scott could sail into success on the name and looks he was born with. Instead, the actor, entrepreneur, and sportsman uses something else he inherited—tenacity. "I can't promote a film and say, 'Hey, I know what it's like to be a bull rider' when I've never bucked one," he tells writer Mickey Rapkin (page 82) about his new film, *The Longest Ride*. "Man the fuck up and get on the bull."

No grain of salt there. If I want a guy who's going to make sure it's done right, that's who I'll hire.

A man knows his place in the world. You may be master of your own little universe, but you're nothing when you stand on the lip of a canyon or paddle over a mighty waterfall. I've spent my life in the corridors of power, but I trust a man who challenges himself against nature—it means he's not afraid to tackle big tasks with humility. (For some breathtaking ways to do just that, see our outdoor guide, starting on page 74.)

A man takes honest stock of himself. There's not a man alive who hasn't done something he regrets. Maybe it's petty—you were a school bully before you saw the light. Or maybe it's so horrific you can barely recognize yourself in your own actions; we'll file the caught-on-tape spousal abuse of former Ravens star Ray Rice (page 94) in this category. It takes a lot of courage to bounce back after bad things happen to us, but perhaps even more to rise up from the evil we do ourselves—to own our mistakes. Is Rice big enough to own his? Are you?

Consider this issue your cheat sheet to full-fledged manhood. By the time you're done, you'll be ready for your next big move, no matter what aspect of life you're ready to conquer.

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"WORK EACH DAY TO LIVE A HEALTHIER LIFE–AND ENJOY THE JOURNEY, BECAUSE 'BETTER' HAS NO FINISH LINE."

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Watch your figure.

49 PISTACHIOS

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Watch your backside.

13 FLAVORED TORTILLA CHIPS

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- 2 grams protein
- 1 gram fiber

Let's do some snackin' math. For the same calories, you get a lot more pistachios than flavored tortilla chips. Plus, pistachios are a good source of protein and fiber, and heart-friendly. And, a recent Harvard study suggests eating nuts seven times a week or more is as healthy as it is smart. So next time you grab a snack, use your brains. Your backside will thank you for it.



Get Crackin'

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2015 Paramount Farms International LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Paramount Farms International LLC. WP12467

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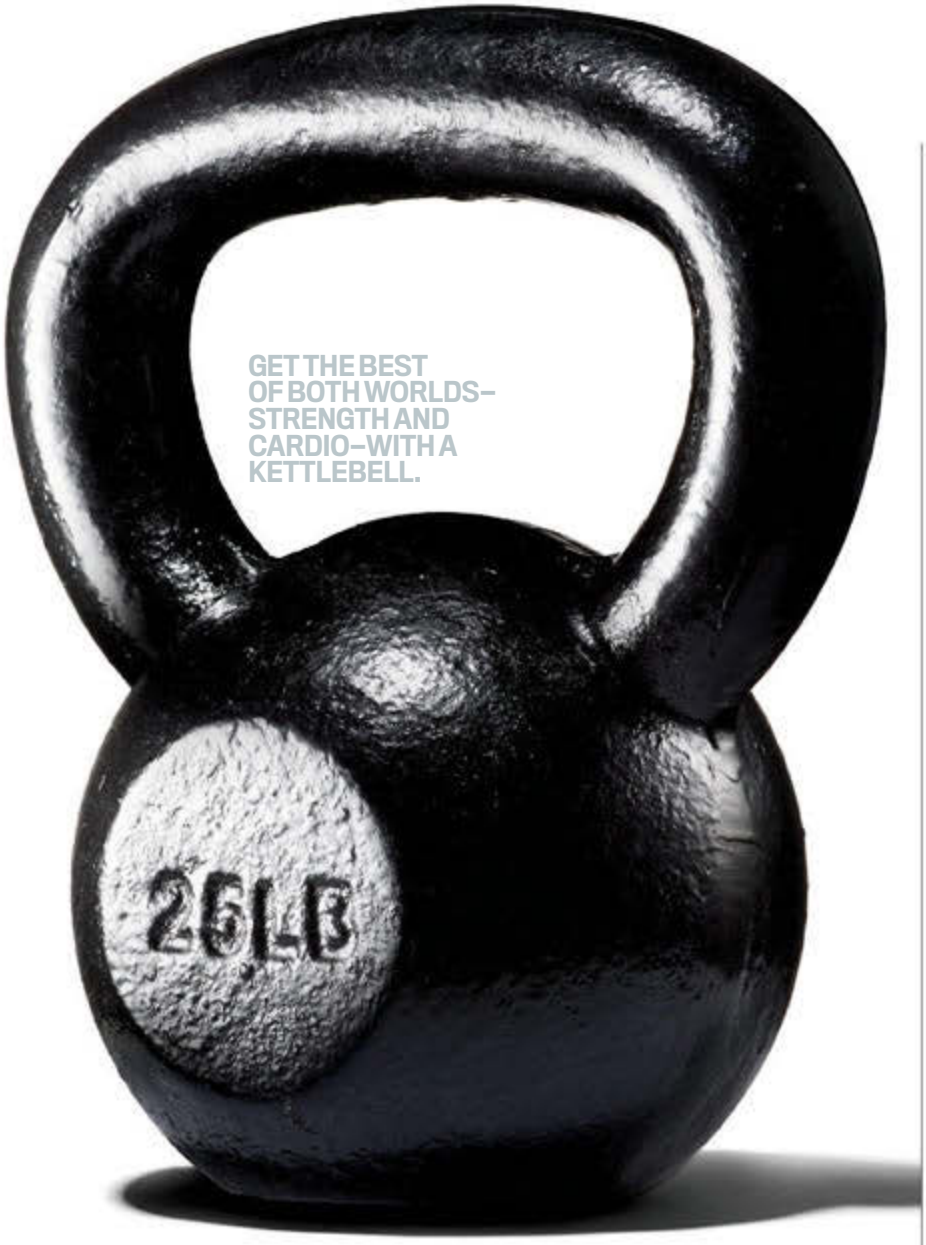
Breakthroughs

Hot damn! Sauna lovers live longer

Just stepping into a sauna could lower your risk of ticker trauma. ¶ A recent Finnish study published in *JAMA Internal Medicine* reported that, among 2,315 male subjects followed for more than 20 years, men who visited a dry sauna (176–212°F, with only 10–20% humidity) four to seven times a week lowered their chances of dying of heart problems during that time by 48% compared with men who went only once a week; those who went two to three times a week lowered their risk by 23%. ¶ Also, those who sauna'd for 19-plus minutes per session had a 52% lower chance of sudden cardiac deaths than those who steamed for less than 11 minutes. ¶ "The changes in heart rate during a sauna mimic the effect of exercise," says study co-author Francesco Zaccardi, M.D. "Both exercise and sauna 'shift' blood flow from internal organs to skin to increase sweat secretion and prevent body overheating." ¶ But don't take your sauna adventures to the extreme—they could hasten your demise rather than postpone it. A Russian finalist in the (formerly) annual World Sauna Championships in Finland in 2010 died of third-degree burns after enduring 230°F for six minutes. –ADAM BIBLE



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GET THE BEST OF BOTH WORLDS—STRENGTH AND CARDIO—WITH A KETTLEBELL.

The cardio prescription: more k'bell

Runners like to scoff at weightlifters' "cardio poor" routines. But as it turns out, lifters who use kettlebells are actually getting a great cardio workout. ¶ A study of college soccer players showed that adding a simple, dynamic, high-intensity kettlebell-snatch routine (15 seconds on, 15 seconds off for 20 minutes) to their workouts increased their VO2 max by about 6% over a control group doing the same free-weight and body-weight circuit exercises but without kettlebells, the *Journal of Strength & Conditioning Research* reports. ¶ "Kettlebells are an awesome conditioning tool," says study head J. Asher Falatic, M.S. "Basic swings with moderate to heavy weight would be a great way to ease KB training into your workout."

RUNNING YOURSELF INTO THE GROUND?

Jogging may be better for you if you do it in small spurts and at a slow to moderate pace.

Tracking 1,098 runners and 413 sedentary nonrunners for 12 years, a new study in the *Journal of the American College of Cardiology* discovered that those who ran one to 2.4 hours a week had the lowest risk of death. The optimal frequency was two to three times a week. Those who hit the road often and hard—more than four hours a week at a fast pace—had almost the same risk of mortality as sedentary subjects.

"Long-term training for extreme endurance events can overload your heart and lead to arrhythmias and other negative effects," says the study's Peter Schnohr, M.D. He advises running a few times a week, at a moderate pace.

Turn on the juice at Orangetheory

Don't roll your eyes at this fitness craze—it's got a pretty cool angle.

Orangetheory Fitness is the name, and getting you into the "orange zone" is the game. At each of the company's 175 gyms nationwide, huge screens overhead display your progress (talk about upping the competitive ante!) as you run, row, and lift your way through an "Orange 60": an hour-long interval session that pushes you to work at 84% of your max heart rate (the orange zone) or higher for 12 to 20 minutes. Or, we should say, try to: We did—twice—and it's a ball-breaker from start to finish.

Each session torches 500 to 1,000 calories and keeps your metabolism burning high for up to 36 hours afterward. Costs run about $100 for eight monthly classes, with the first workout free. Check it out at orangetheoryfitness.com.

FOR WALKING STATS, YOU CAN PHONE IT IN

When it comes to tracking your walking mileage, a smartphone is just as accurate as some fitness bands, a U. Penn study found.



Researchers tested 10 different fitness devices and smartphone apps and found that the average step counts from the phones were off by about 6%, while the fitness devices could miss the mark by as much as 22%.

Bottom line: Most devices were fairly accurate; phones just had less variability. So whether you use a mobile app or a wearable, keep on trackin.'

Prop styling by Angela Campos/Stockland Martel; iPhone: Sam Kaplan

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Red heads getting picked up more often

Here's one trend we hope to see hop the pond. ¶ The U.K.'s never been known for terrifically healthy—or, for that matter, tasty—cuisine, what with all those dishes of girdle sponges (fried sponge cake), spotted dicks (suet pudding), and fitless cocks (oatmeal with chopped onion) clogging the Isles. But there's one area where the Brits may really be on to something: They've developed a serious crush on red cabbage. ¶ Last year, red cabbage sales went up 50% in Great Britain—a fairly shocking increase. But then, why not? Prepared properly, the versatile, nutrient-dense veg isn't just good-tasting (again, not necessarily a prerequisite) but also great for you, with 10 times the vitamin A of regular cabbage and twice the iron. (Granted, red cabbage was also used as a treatment for trench foot in World War I, but apparently the Empire's decided not to hold that against it.) ¶ If you're not up for eating your red cabbage the way the Brits do—in dishes like "bubble and squeak," aka fried cabbage and potatoes—you can just slice it thin, put it in a pan with some olive oil, salt, and pepper, and sauté it for about 15 minutes on medium-high heat. Thanks, England. ¶ Now, if you could just take back Piers Morgan.

Cabbage tips
How to take the slaw into your own hands

PICK IT
Select a heavy, bright-red head with crisp leaves.

PREP IT
Pull off the wilty outer leaves, then rinse. Quarter and core, then chop/shred.

COOK IT
Less is better—don't feel the need to boil the hell out of it.

COOL IT
To preserve nutrients, serve it raw, shredded in salad.

To drop pounds, fill up on fiber

One small diet change—like adding fiber—can make weight loss easier, a study has found.

Subjects who added 7g of fiber to their diets instead of eating a more complex diet had similar weight loss. The high-maintenance dieters lost only 4 more pounds than the other group. Aim for 38g fiber a day from "natural high-fiber foods," says the study's Yunsheng Ma, Ph.D.

ANNALS OF INT. MED.

USE OLIVE OIL & GIVE CANCER THE SLIP?

Oleocanthal, found in extra-virgin olive oil, kills some cancer cells completely—without hurting healthy cells—in under an hour, according to a Rutgers U. study.

The tests were done on cells from living animals, not on the animals themselves, so still no ETA on when testing might begin on something with a pulse.

In the meantime, you can't go wrong getting plenty of healthy inflammation- and heart-disease-fighting olive oil: "I recommend two tablespoons a day," says Jim White, R.D.



The quick and the dead. *In lab tests, an ingredient in olive oil killed cancer cells swiftly and thoroughly.*

Prop styling by Angela Campos/Stockland Martel; Olive oil: Nick Ferrari


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Tweets can predict heart health

Twitter posts can predict a region's risk of heart disease, a study in *Psychological Science* reports. Emotionally negative tweets signal that a county's citizens are at high risk of cardiac problems, while happier tweets link to a lower risk.

"The people tweeting aren't [necessarily] the ones dying from heart disease," says lead author Johannes C. Eichstaedt, who matched tweets with health data from about 1,300 counties. "Rather, they're 'canaries' for the community—they tell us what it's like to live in a place."

Even after you take income and education into account, areas where people show anger and hostility have higher rates of heart disease—so if you rage-tweet a lot, maybe it's time to chill.

NEWS FLASH:
SMOKING STILL SUCKS

Cigarettes will kill two out of every three smokers who continue to puff, a study on 200,000 smokers Down Under has discovered. In the Australian National U. three-year study, smoking 10 cigs a day doubled the risk of dying during that period, and a whole pack made it five times more likely.

Need another reason? Try this: Smoking thins the brain's cortex (outer layer), which affects how well you think, *Molecular Psychiatry* reports. So ditch the smokes—and soon: While the cortex starts healing once you quit, full recovery can take 25 years.

Get some sleep!

A flood of recent studies is giving us new insights into how important getting enough good sleep is for staying healthy, feeling great, and thinking straight. So take a short siesta and check out the slumber stats below. –ADAM BIBLE

1) Sleep deprivation makes you eat more.

Skip sleep, and the next day you'll eat too many calories from fat and too few from carbs, according to a UPenn School of Medicine study.

When subjects were kept from sleeping, a brain region called the salience network, which regulates emotions and bodily sensations like a racing heart, lit up and raised their fat cravings.

By the way, if you do pig out, just don't do it late at night: Eating when the body's usually asleep can hamper learning, damage memory, hurt the immune system, and even lead to type-2 diabetes, UCLA researchers say.

2) Napping can reverse the effects of a night of poor sleep.

A couple of half-hour naps can relieve stress and boost the immune system back to "Yup, I got enough sleep" levels, the *Journal of Clinical Endocrinology & Metabolism* reports.

The study, on healthy men 25 to 32, found a lack of sleep increased stress hormones (causing anxiety) and decreased antiviral proteins (stimulating immune response)—but those levels returned to normal after two 30-minute naps the next day.

3) The sweet spot: seven to nine hours of shut-eye.

Healthy adults ages 26 to 64 should get at least six—but not more than 10—hours of sleep, a National Sleep Foundation study review has decreed. Get less and you're at higher risk of depression; get more, and you're 21% more likely to become obese.

4) Game-day performance could ride on sleep rhythms.

The time of day when your circadian rhythms—internal cycles that control the body's behavioral/physiological systems—are at their peaks can affect your athletic performance up to 26%, says a study in *Current Biology*.

The peaks come at different times of day for different people, so plan your workouts for when you feel most awake.

5) Too little sleep can raise blood pressure.

The Mayo Clinic reports that missing a lot of sleep can seriously mess with your blood pressure. The study found that four hours of sleep per night (versus nine) didn't just negate the BP drop we normally experience when we sleep, it also *raised* pressure above normal levels during the night.

Grooming by Suzanne Katz/Wilhelmina

MARIUS BUGGE



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*5g Fat per serving

Stick it to your boss (but do it this way)

You'd think ignoring your boss or working half-heartedly after being yelled at would be career suicide. But in a (kind of awesome) new OSU survey, workers who retaliated passive-aggressively said it *hadn't* hurt their careers—in fact, they felt less victimized and more into their jobs.

"Abusive bosses tend to focus hostility on weak workers, so those who fight back may come across as less-inviting targets," says the study's Bennett Tepper, Ph.D. And while he doesn't advocate playing chicken with a nasty boss, he says, "The upwardly hostile employee may be earning a peculiar kind of respect."

Throw her a curve

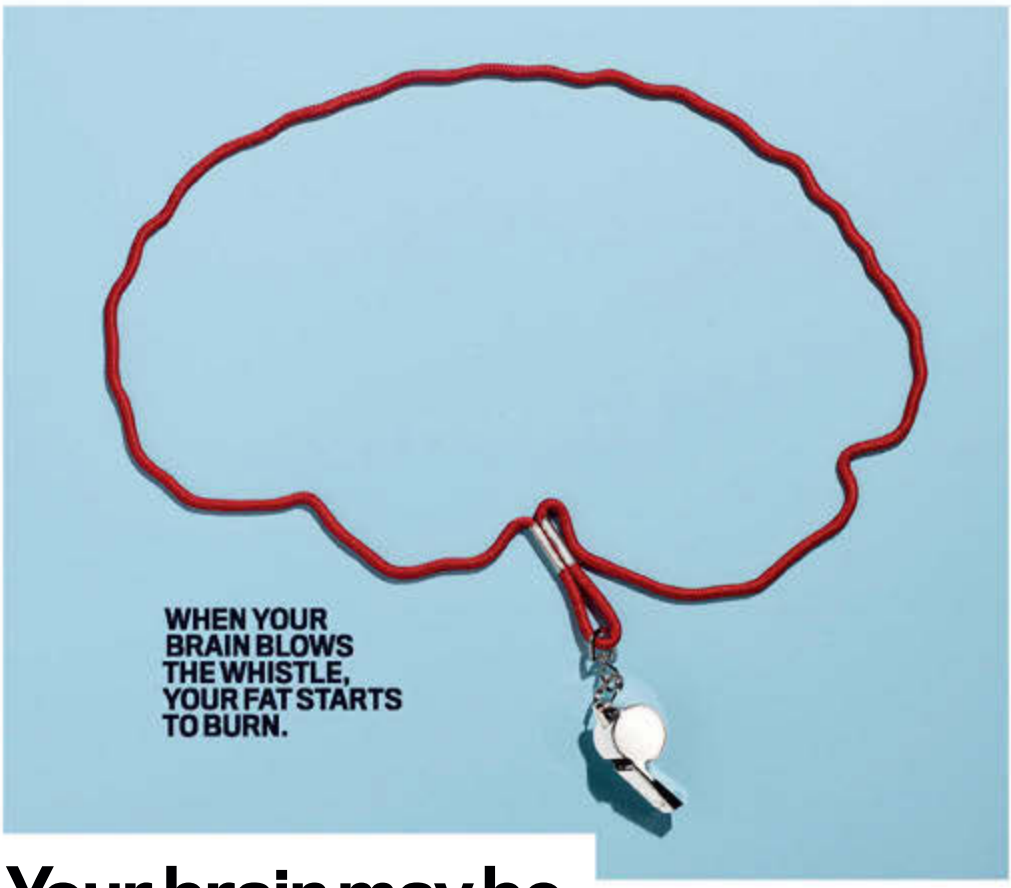
If you've ever made a girl cry by answering the question, "Do these pants make my ass look big?" the wrong way, know this: Women are happier with their bodies if they believe men in general find rounder figures sexy.

In three SMU studies, females viewed photos of "larger-bodied" women (sizes 8 to 10; though the fact that these were considered "large" is discouraging in itself) as well as pics of ultrathin women (sizes 2 to 4) in street clothes or bathing suits, all labeled attractive or unattractive to men.

Afterward, subjects answered questions about their own weight. In every case, those who saw rounder ladies labeled "attractive to men" were happier with their bodies.

What's it to you? "Women who felt better about their bodies also had sex with their partners more frequently," says study head Andrea Meltzer, Ph.D., "probably because they felt confident and comfortable enough for intimate behavior." And more sex = happier relationships, she says.

So the next time she asks you the question, answer: "Who cares—now take them off and come with me."





Mad simple: *Women who believe guys like curves have sex more often.*

Your brain may be coaching your body to burn fat

Ya gotta love the brain. While you're enjoying weekend pizza marathons and slamming back Buds at baseball games, your brain is valiantly trying to tell your body to take all that bad fat and turn it into something you can actually use. ¶ When the hormones leptin—an appetite suppressant made by fat cells—and insulin interact, they turn on neurons in the brain that tell all the white (energy-storing) fat in your body to turn into brown (energy-burning) fat, researchers at Melbourne's Monash U. say. ¶ Though a practical use for this knowledge is a ways off, researchers believe that targeting leptin and insulin will help them figure out new and novel weight-loss approaches. Till then, keep your face-stuffing pizza-and-beer fests to once a month.

Prop styling by Angela Campos/Stockland Martel; Hendricks: Xavier Collin/Splash News/Corbis

holy$#*!fit








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fitbit.



Why be bored?

Once-basic boardshorts have been revved up in a big way. Energized with bright colors, splashy patterns, and graphic prints, this pool, beach, and boardwalk staple has a new, wilder personality. So trash the boring old trunks and dive into a pair of knee-grazing boardies. After all, in a season when ragtops are down, Frisbees are flying, rock is playing in the park, and movies are screening under the stars, why not throw caution aside and grab a piece of the fun?



Grunge Match

If we didn't know better, we'd say it was spring 1992 in Seattle, everyone looking fresh from a Mudhoney show.

At least that's the vibe we're getting from menswear designers and on-the-pulse fashinistos these days. It's more than just the look—the bed-head hair, deconstructed flannel layers, and Cobain sweaters. Millennials are experiencing their first wave of true nostalgia, and unrepentant nods to '90s culture are popping up everywhere, with the return of *Twin Peaks*, Bieber dropping trou like Marky Mark for Calvin Klein, and TV shows like *Hindsight*, which sends its hero back to the '90s to "do things differently."

Rick Owens and Rag & Bone are on the crest of this grunge wave, and pieces by retailers like Topman send you back in time.

Of course, at the end of the day, a proper '90s nod starts from the ground up, with a pair of Dr. Martens. They've got tricked-out new styles, but we say go with the classic lace-ups.

–ANDREW C. STONE

Check it. *We're guessing she's wearing Docs, too.*

Tailoring: a game of inches

Few clothing brands acknowledge shorter men's compact dimensions. Some carry smaller sizes, but the tailoring is rarely on point.

"These guys have been ignored by the apparel industry," says designer/tailor Peter Manning, whose company, Peter Manning Five Eight/New York (*petermanningnyc.com*), makes clothing for shorter men. "Everything has to be reproportioned. It's not just shortening hems and sleeves—it's narrowing arms, moving pockets, and scaling details."

Since 25% of U.S. men fit the 5'8"-and-under demo, it's surprising that more designers don't cater to them. Along with Manning's line, which offers a sharp selection of oxfords, pants, and outerwear, check out Jaden Lam (*jadenlam.com*) and Jax Everett (*jaxeverett.com*).

A few short tips from Manning:

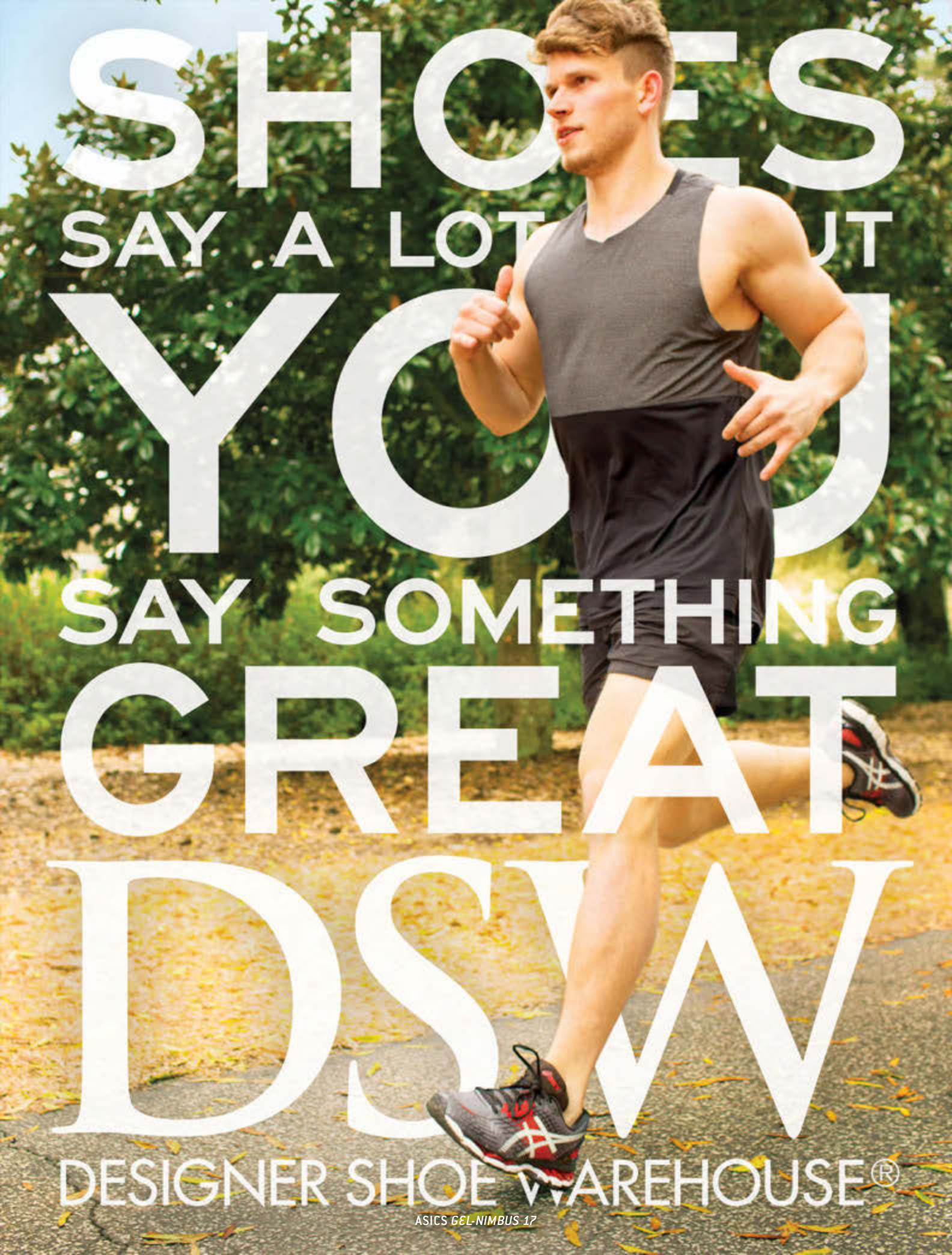
1) Don't mistake "well fitting" for tight. "If you're used to clothes that are too big, a shirt or pants that fit right can feel snug at first."

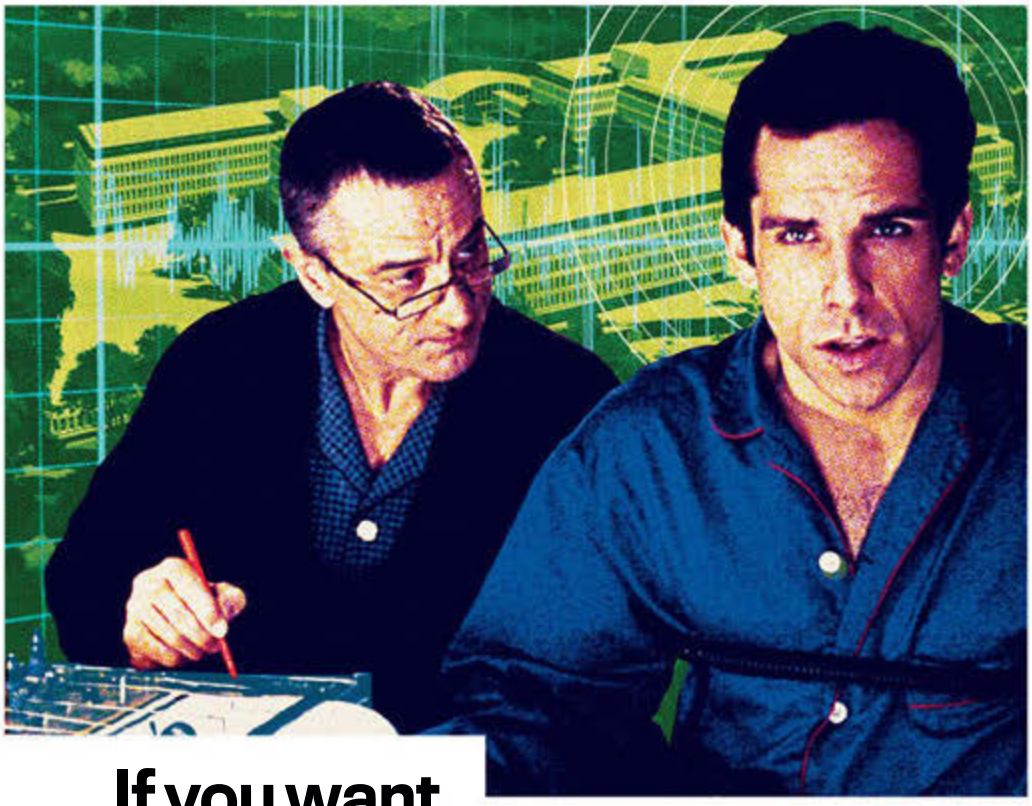
2) Start with properly proportioned outerwear. "A too-long jacket or coat almost never shortens well—the proportions are all off."

3) If you're muscular, "don't wear clothes that fit the shoulders and arms but swim around the torso and are too long. Have a tailor taper them for you."

Soft goods styling by Sara Wacksman/Jed Root; Delevingne: Dave M. Benett/Getty Images

GREG BROOM


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If you want them to confess, don't be a Focker

Need the truth, fast? Don't turn up the heat—turn on the charm, says ex-CIA op Phil Houston, co-author of *Get the Truth: Former CIA Officers Teach You How to Persuade Anyone to Tell All.* ¶ "The best interrogators aren't harsh," he says. "They use a systematic approach to make people *want* to tell them." ¶ The CIA's "monologue process" has four steps, or "RPMS"—rationalization ("We all do it"); projecting blame ("It's not entirely your fault"); minimizing ("It'll be OK"); and socializing ("I'm with you..."). Tack on a few genial questions and your target will fold in no time. (See it work on one sucker at right.) ¶ "You want them to lose focus on why they didn't want to tell the truth—usually fear of a consequence, like, 'My husband's gonna get mad,'" says Houston. "You have to neutralize that." ¶ It's a tool to use "anytime you think you're not getting the truth—if you're buying a house or your kids are up to something," he adds. "But don't run around trying to manipulate the world—use it when it counts." -JEFF TOMKO

GET 'EM TO SPILL THEIR GUTS

Say you're out to buy a used car and this baby looks hot. But has it been in a wreck? Is the tranny about to drop out? Here's the CIA way to get the seller to sing.

1) Rationalize: "Joe, I really like this car. It's got good mileage, and the body's in great shape. Of course, we all know there's no such thing as a 'perfect used car,' and a new car just isn't in the cards for me right now. I just need to understand what I'm getting."

2) Project blame: "I know no matter how you care for a car, time takes its toll."

3) Minimize: "It's not the end of the world if it's been in a fender bender. I'm in this with my eyes open."

4) Socialize: "I've looked at a bunch of cars, and a few times I was pretty sure the seller wasn't being straight with me—disappointing, since I'm an understanding guy and I get that it's not a new car..."

Next, a few nonjudgmental questions:

1) So, Joe, what's the biggest problem you've had with it?

2) What's the most spent on repairs?

3) What problems do you think a mechanic would find with it?

And when he admits to that pileup on the Grand Central Parkway, get out.

Good guys finish first (with the ladies)

Altruism is the new favorite aphrodisiac, says a new study in *Social Psychological and Personality Science.*

Data collected on 12,775 Germans since '84 showed that about 14% changed their status to "married "or "in a relationship" the following year—but those who regularly helped out others had a 25–46% higher chance of ending up in one of those categories.

Sure, there are other, better reasons for volunteering at a soup kitchen or rescuing a pup—but as excuses go, this one isn't awful.

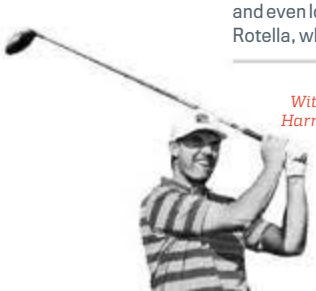
Stick with it to win

It's perseverance—along with optimism, attitude, and positive support—that sets you up to win when the opportunity comes along, says sports psychologist Bob Rotella.

"It's OK to struggle and even lose," says Rotella, who counts LeBron James and Kentucky b-ball coach John Calipari among his disciples and whose book *How Champions Think* is just out. "That's where perseverance separates the marginal from the champions. While other people feel sorry for themselves when they have a tough time, the champion says, 'Perfect. If I can be strong now, I'm gonna have a huge edge on everybody.' If you can sustain it—and not many people will—it's hard not to be really, really good at what you do."

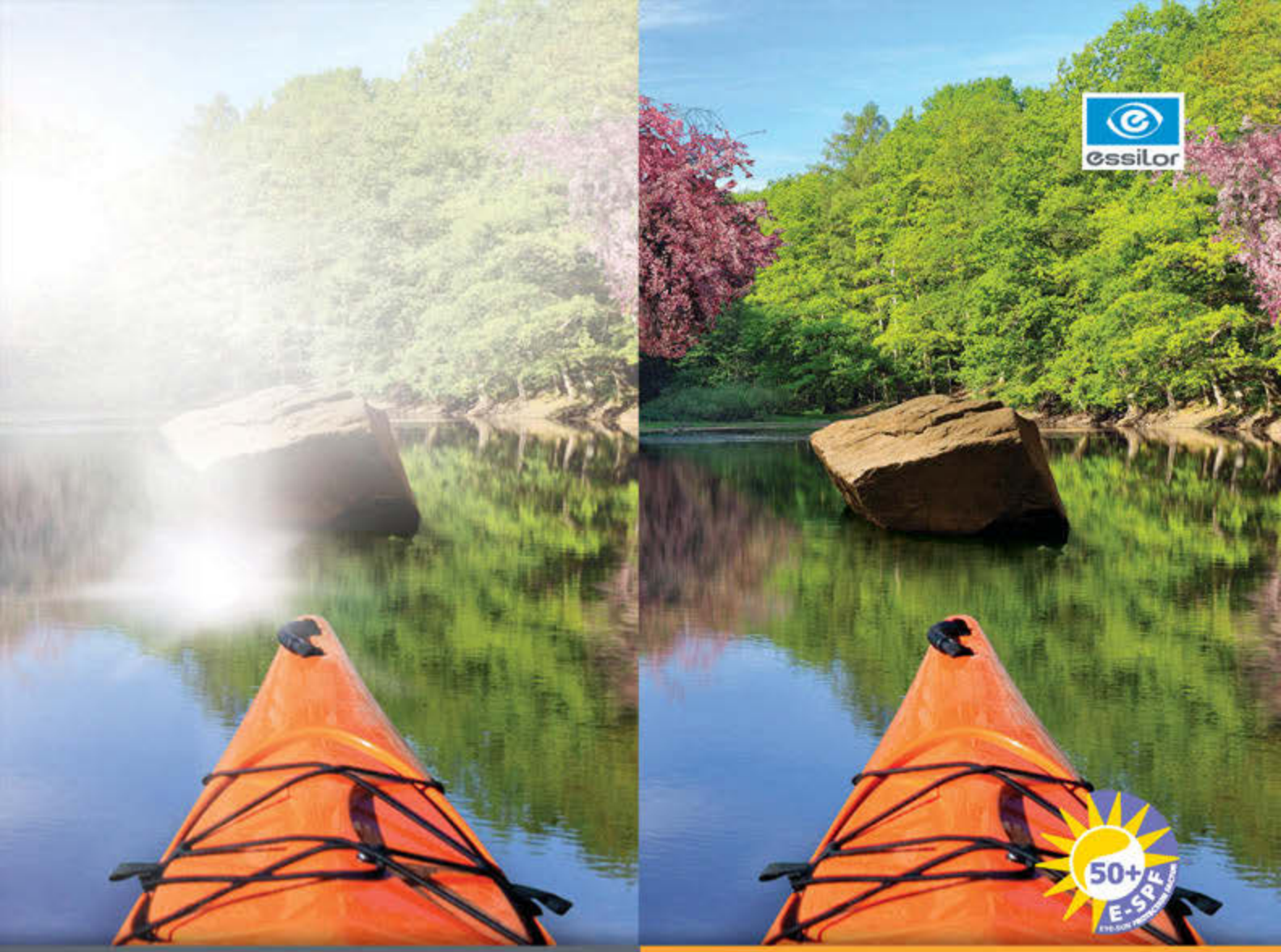
Just before this season's Honda Classic, for example, struggling PGA pro Padraig Harrington—winless since taking the British Open and PGA in 2008—met with Rotella for advice.

A few days later, he won the tourney.



Score! *With Rotella's tips, Harrington broke a seven-year losing streak.*

20th Century Fox/Courtesy of Everett Collection; JG Photography/Alamy



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Game Changers

relax, dude

The secret to a healthier, stronger you is all in your head BY BILL BRADLEY

WHY MINDFUL MEDITATION IS THE NEWEST FITNESS ESSENTIAL



Jacket & sneakers: NIKE
Pants: LULULEMON
Headphones: BEATS BY DRE
Want it? See page 154

JOAO CANZIANI

We get it. You're not into this whole "mindfulness" thing.

But know this: The mental wellness discipline, loosely defined as actively practicing "acute awareness of the present moment"—whether you're stuck in your cubicle, chilling at the beach, or plowing through a complex project—isn't just good for your brain, it's also great for your muscles. A study in the *Journal of Health Psychology* recently found that athletes who practice mindful-meditation techniques are far more motivated to exercise regularly and more satisfied with their workouts than less-mindful dudes. They also sleep better, says a new *JAMA* study.

With all this in mind, we sought out Michael Gervais, Ph.D., a mindful-meditation expert and director of High Performance Psychology at DISC Sports & Spine Center, who's advised athletes from the U.S. Olympic Team to the Seattle Seahawks, for an entry-level checklist for getting your head right for relaxation and exercise. All you need are a quiet place and a few spare minutes.



1) Do it first thing in the morning

Mindful meditation, or focused breathing, takes steadfast concentration. "You're focusing on each deep breath as if a loved one's life is depending on your being fully connected to that breath," says Gervais. "But do it first thing before you open your computer or brush your teeth or make coffee—do mindful breathing."

Start with just three minutes, then add three minutes until you top out at 20. "Morning is ideal. It helps to establish that inner space before you start running at full speed," he says. "If you wait, you might just run out of speed, interest, and willpower."

2) Don't think you need to sit there like the Dalai Lama

If you feel like it, sure, sit cross-legged on a yoga mat. But for your mindful-breathing exercises, if you'd prefer to post up on your couch, or, hell, even on your La-Z-Boy, in your car, or at your desk, it doesn't matter.

"Be a normal guy and find a spot that's comfortable for you," says Gervais. Just remember to straighten your back so you feel the force of gravity and your weight—because feeling the sense of your own physical presence helps with meditation. Quiet is essential. Airplanes, he says, are great for "locking in," especially if you train often.

3) Don't blow the breathing

Yes, there is a wrong way to do it. As with all fitness, when you're practicing mindful meditation, the breathing is all about proper technique.

"Start in your stomach, let your diaphragm pop out, and then move your breathing all the way up to the back of your chest," says Gervais. "You'll feel a little tension at the top before a long exhale—the exhale is longer than the inhale. And then sit in the bottom of that exhale while your mind is fully connected to what's happening. And then do it again. Set the time on your phone and just fucking breathe."

It can take getting used to, so keep at it.

4) It takes practice, so hang in there

"The natural state of our minds is like a drunk monkey: curious, easily distracted, a bit sloppy," says Gervais. "When your mind wanders, just gently recognize that you're away from your breath, and gently refocus all of your attention back to your breathing: the inhale, the exhale, the sensations of your body."

It's not as tangible as, say, improving your 5K time, but Gervais swears you'll feel yourself get better. Your mind will be less cloudy with better concentration.

5) Incorporate it into your workouts

Whether you're deadlifting or running a Spartan Race, Gervais says that your experience meditating will crop up in ways you couldn't have imagined. Once you've honed the discipline of being able to streamline your thoughts and focus intently on the present moment, your athletic performance will inexorably improve.

"From an athletic standpoint, when we have increased awareness, we can adjust with greater ease," he says. "If you're staring at that barbell, mindfulness provides wisdom and insight that, once we're in the moment, will help us let it rip."

Pocket Gurus

These days, if you want expert-level meditation instruction, all you need are a smartphone and a pair of headphones. Here are the three best apps on the market for unlocking your mind.

Headspace The blockbuster app, with thousands of hours of instruction, from former Buddhist monk Andy Puddicombe. It also has its own social-media universe.

Buddhify More than 80 guided meditation exercises tailored to specific stressful scenarios, such as air travel or relationship troubles.

Stop, Breathe & Think This app customizes your instruction to your current state of mind.

Previous page & this page: Styling by Leila Baboi; Grooming by Sonia Lee/Exclusive Artists Mgmt using Murad

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Lighten up to bulk up

The best way to build muscle may be to lift less weight, not more

By Sean Hyson, C.S.C.S.

It's one of the most popular assumptions in all of gymdom: To get big muscles, you need to lift big weights. Fitness culture is rife with terms like "Max out" and "Go hard or go home" (although, thankfully, "No pain, no gain" seems to have been retired). ¶ But despite the conventional wisdom in strength and conditioning circles, heaving massive loads isn't the only way to build muscle. In fact, it may not be necessary at all, as science is beginning to prove. So if you fear heavy weights, or have injuries that prevent you from using them, lighter training can still lead to the gains you seek.



LEVI BROWN

Just what constitutes "heavy" lifting is open to debate, but exercise science generally defines it as weights that are 80% or more of the heaviest load you can manage for one rep. (This amount will usually allow you five reps or fewer.) Training that heavy recruits a large number of muscle fibers, particularly the fast-twitch ones that have the most potential for growth and power production. If you're a competitive lifter or power athlete, such as a football player, you must build your workouts around low-rep barbell training to see the best results, but if you're merely looking to put on muscle and improve your physique, you may do better to limit it.

The main downside to heavy lifting is the injury risk. "Training like a powerlifter gets you strong but can also beat you up," says Jason Ferruggia, a strength coach and author in Los Angeles. Heavy weights can wear down joints over time and lead to chronic conditions like tendinitis. But perhaps more compelling is the evidence that lighter lifting is just as effective as heavy training. So why risk crushing your joints if you don't have to?

"A muscle needs to be stressed under load for an adequate amount of time to stimulate a growth response," says Ferruggia. "Science has pointed to a duration of 40 to 70 seconds as being the most effective. This is why bodybuilders do eight to 12 reps for upper-body exercises and 10 to 20 for lower-body," which induces greater fatigue in the muscle and causes it to build back up with a better work capacity. "So if you're doing a routine like five sets of five, you're not going to grow maximally."

In a meta-analysis published in the *European Journal of Sports Sciences* last year, researchers looked at 17 different studies comparing low-load training (60% or less of max) with higher-load protocols (65% or more). They found no major differences in subjects' muscle and strength gains, and even noted that these findings run contrary to current exercise guidelines that specify a need for loads of 65% or greater to achieve gains. Ferruggia agrees: "Textbooks might tell you it's impossible to gain on high-rep training, but if you add 10 pounds to what you can lift for 20 reps, you'll be bigger—just without the joint stress that comes from chasing PRs."

Tank: LUCIO CASTRO
Shorts: NAUTICA
Shoes: ADIDAS
Watch: G-SHOCK
Want it? See page 154.



Think like a bodybuilder. *Sets that last 40–70 seconds lead to better overall results.*

HARD FACTS

OUR TRAINING DIRECTOR, SEAN HYSON, SOLVES YOUR WORKOUT CONUNDRUMS



"DOES THE REST-PAUSE METHOD WORK, AND SHOULD I USE IT?"

GLEN C., NASHVILLE, TN

■ Rest-pause is an old-school bodybuilding technique of performing a set to failure, resting a few seconds, then squeezing out more reps. The idea is simply to get a little more work in even after the muscles have been exhausted.

Like most bodybuilding strategies, there isn't a lot of hard science to support it, but last October the *Journal of Sports Medicine and Physical Fitness* did. Seventy-nine subjects with training experience were divided into three groups. One took sets to self-determined failure, others were goaded to work till they couldn't do another rep, and the third used a rest-pause (five to 20 seconds). The ones who stopped their sets when they wanted had insignificant results. The rest-pause group saw good gains in body composition, but those who only went to failure (where they couldn't do more) had the best gains.

The take-home? Rest-pause has value, but the bigger lesson is that pushing yourself and taking the muscles to failure is necessary to change your body, at least when you're beyond the beginner stage.

Sean Hyson, C.S.C.S., is the Men's Fitness *training director and author of* 101 Best Workouts of All Time. 101bestworkouts.com.

JAMES MICHELFELDER

Opposite page: Prop styling by Angela Campos/Stockland Martel; Styling by Delvin Lugo; Grooming by Suzanne Katz/Wilhelmina; Hyson: Jimmy Fontaine



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The Med muscle diet

Simple ways to tweak the Mediterranean diet to get lean, healthy, and strong

Diet fads come and go, but we've already learned what works—partly from a study begun in the '50s that shed light on what kinds of lifestyles may be good for you. Called the Seven Countries Study, it included 12,763 men in four world regions and found that the diets of people residing near the Mediterranean Sea, plus healthful living, were linked with increased well-being. ¶ The "Mediterranean diet" is less a set of restrictions on foods and methods of creating meals and more a fitness-lifestyle plan that consists of lots of fruits and vegetables, nuts, legumes, and whole-wheat grains; more olive oil, less butter; elimination of red meat; limited sweets; some wine; and low trans and saturated fats. ¶ Today, the Med diet is still one of the best ways to eat and live well. Here's how to tweak it to optimize muscle gain, too.

THE MED DIET ISN'T JUST GOOD FOR YOUR HEART. IT'S GOOD FOR MUSCLES, TOO.



Food styling by Chris Lanier/Apostrophe

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Eat well



FINE-TUNE YOUR PROTEIN FOR MAX MUSCLE BUILDING

■ For strength gains, your main change to the Med diet should be in how much protein you eat. Typically, the emphasis is on having three or more weekly servings of fish/seafood and limiting red meat and replacing it with poultry so that about 15% of your calories come from protein. Various nutritionists recommend getting about 20% of your diet from protein to help build muscle.

Since a fundamental Mediterranean diet component is an emphasis on eating mostly plant-based foods and limiting red meat, you shouldn't just add in more red meat to bump up the protein, says Heather R. Mangieri, R.D., C.S.S.D., spokesperson for the Academy of Nutrition and Dietetics and a board-certified specialist in sports nutrition in Pittsburgh, PA.

"Instead, guys should focus on getting more protein from the foods the diet promotes; poultry, fish, yogurt, cheese, and eggs should still be part of the daily eating plan." To meet everyday protein needs, shoot for 25 to 30 grams of protein over six meals and snacks, which is easy to do using the diet's main foods.



Crack open a few. *These green nuts are protein champs.*

GO NUTS (THE SMART WAY)

■ "Each meal should be a combination of proteins, healthy carbohydrates, and some healthy fats," Mangieri says.

Healthy fats, both polyunsaturated (like omega-3 fatty acids) and monounsaturated (in olive oil and canola oil) add to the feeling of fullness you get from eating nuts, seeds, and oils, she explains. However, though most Med diet versions place few restrictions on which or how many nuts and seeds you eat because both contain healthy fats, they can be calorie-dense and may throw your macros off if you eat mindlessly.

Our suggestion: Stick with nuts like almonds, pistachios, and walnuts. Pistachios are hands-down a good choice for health-conscious guys wanting to stay trim and fit. When you eat pistachios, you're getting a lot for your effort: 49 nuts equals six grams of protein and about 160 calories. In-shell pistachios are also a great way to keep your nut consumption mindful, as discovered in a 2011 preliminary behavioral study in *Appetite*. The results, dubbed the "pistachio principle," showed that snackers who left discarded shells in front of them all day may have benefited from the visual cue for portions: They reduced their calorie consumption by 18% over those whose shells were taken away at intervals throughout the day.

REMEMBER: QUALITY ALWAYS RULES

■ Another way you can modify the Mediterranean diet to better serve your goals is to choose higher-quality foods for all your daily requirements.

When selecting fish, go with a nutrient-dense fillet of wild Alaskan salmon, rather than a piece of farm-raised tilapia. Be sure to use fresh extra-virgin olive oil, as it's the main fat component in the diet. And don't be afraid to spice it up to really enjoy your meals. Some prominent Mediterranean spices are known to have antioxidant properties, including paprika, cumin, turmeric, cinnamon and coriander.

Following diet trends can be tricky and treacherous for both your waistline and your wallet. Some require forking over cash for a book so you can follow complicated and convoluted plans; others are simpler but leave out foods that are nutrient-dense and great for reaching fitness and health goals.

The tried-and-true Mediterranean diet, though, with its basis in a regional lifestyle that's evolved over thousands of years to create a fit and healthy population, is a great place to start. Some information for this article was provided by Wonderful Pistachios.

Pistachios: Nick Ferrari

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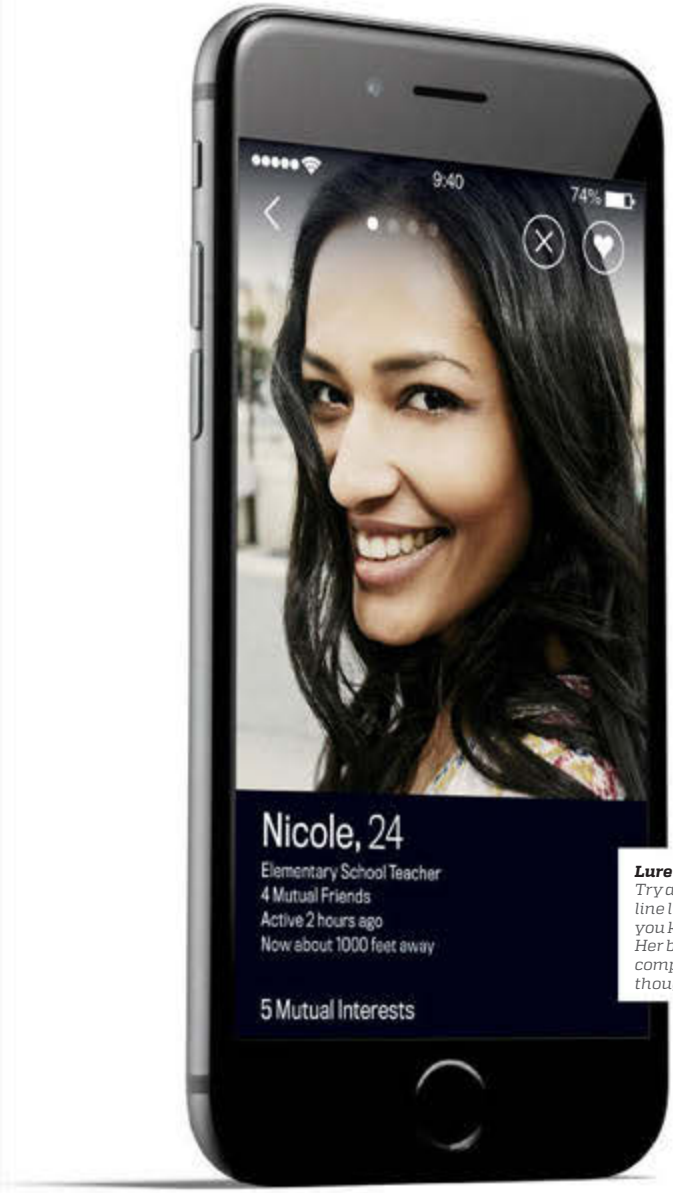
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7 ways to get swiped right

In today's app-dating scene, you have about 0.07 seconds to capture a lady's attention. Here's how to close the deal every time.
By Arianne Cohen

If the dating app Tinder created our swipe-left-or-swipe-right world, a new generation of competitors is piling on to perfect it: There's Hinge, which offers a heightened level of curation—and less of the creepy randomness of Tinder—by linking you to your Facebook friends' friends; Happn, which GPS-tracks your daily wanderings to see where you overlap with nearby girls; and Tastebuds, which raids your music collection to find women with similar musical tastes. (Those are just a few of the options out there.) ¶ And these apps aren't just for hooking up: A whopping third of new marriages start out online or via apps, a number that's expected to rise, according to a recent University of Chicago study. With so much dating firepower at your fingertips, why aren't you sharing sheets all the time? Well, you're probably doing it wrong, dating experts say. Remember: You have only a split second to catch a girl's attention. So use these surefire, scientifically proven tricks and you'll never sleep alone again.



Lure her in. *Try a subject line like, "Did you know..." Her brain will complete the thought.*

1) Crack the photo code once and for all

"You don't have to be really good-looking; you just have to seem interesting," says L.A. dating coach Leonardo Bustos.

You want four or five clear photos that mix head shots and body shots, with one active shot (outdoorsy pics get 19% more clicks) and one clean-shaven, because girls want to make sure you know how to clean up. No bar shots (drinking as an avocation is not attractive), no pets (not sexy), no cars (not a chick thing), no ski goggles or sunglasses (they block your face), no selfies (8% fewer clicks), no topless photos (nudity gets half the clicks), and no grins (women click more on prideful poses—think raised head, puffed-up chest).

2) Ninja trick: Have a pal shoot you in a few 30-second videos

Goof around—you'll look more natural and less posed, and because you're shooting so many images, it'll be easy to find the perfect one. Also, girls feel less threatened when a guy isn't looking directly at the camera, studies show.

3) Keep it short

No girl wants to read a long profile with a guy blabbering on about himself. Avoid lengthy narratives (and be sure to steer clear of TMI, a definite interest killer) and you'll come off as more mysterious.

"Write about your passion for sled dogs or boating in the Atlantic, which will give her easy things to ask about later," says Mona Jain, a Richmond, VA, dating consultant.

4) Throw in a couple of imperfections

Flaws are endearing and make you stick out among dozens of dudes proclaiming flawlessness, says Trish McDermott, a former longtime *match.com* staffer. Try "I'm really bad at karaoke" or "I'm completely and utterly addicted to *Game of Thrones*."

5) End with a way for ladies to respond

Example: "One time I survived a bear attack, but you'll have to ask me about that." Women will have an automatic way to reply, Bustos says, "so you'll get three times as many responses that way."

6) Message her with an unfinished sentence

When you're reaching out via e-mail, try a subject line like, "Did you know..." then finish that sentence in the e-mail itself, mentioning something you have in common, such as, "...that we both know Ben? We're doing a hike next week—how do you know him?"

Says Bustos, "The brain is programmed to complete sentences, so she's more likely to open the e-mail. Some women get 50–100 messages a day, so you need to stand out. 'Hey, cutie' isn't going to work."

7) Meet quickly

"If you wait too long, you risk idealization—she'll have created a fantasy of who you are, and the real person will be a letdown," says Erin Sumner, Ph.D., an assistant professor of human communications at Trinity College.

Her research finds that 17 days from the first message is ideal, so get the girl to the restaurant before she chats up other dudes, and the rest should be smooth sailing.

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THEY'RE CALLING TO YOU: "USE ME UP, USE ME UP!"

Last call for alcohol

Whether you've got a half-full bottle of the hard stuff hanging around your place or several dozen clogging your cupboards, here's how to use up that leftover booze

By Brian Good

Re-creating at home that deliciously smoky, salty variation on a margarita you sampled at your favorite Mexican dive bar seemed like a good idea a few months back, but now you have two-thirds of a bottle of walnut liqueur on your hands—plus a fifth of mezcal. Pair that with the Campari your friend brought over—and the bottles of Tia Maria, Sour Apple Pucker, and honey-flavored whiskey that have been in your liquor cabinet so long they've almost grown in to the wood and you're just one or two steps away from your own episode of *Hoarders: Hooch Patrol*.

Since nobody wants to throw away spirits even when they can't bear to drink them—it's still liquor abuse!—it's time to put all that booze to use. We quizzed our favorite bartenders, scoured dozens of menus, and even did some mixology of our own to come up with four creative ways to burn through your leftover alcohol reserves.

COOK WITH IT:
FLAVORED WHISKEY AND TEQUILA

"Whiskey and tequila pair perfectly with meat," says Southern California Bartending School owner Laura Milham. Mix a shot of either one into barbecue sauce before grilling; add some to a marinade; pour a bit into the pan when oven-braising pork or chicken; stir a teaspoon into your salad vinaigrette; or add a dash when sautéing onions or other vegetables.

PUNCH IT:
FLAVORED VODKAS AND FRUIT LIQUEURS

Great-tasting punch has a formula: one part alcohol, two parts nonalcoholic beverage. "The ideal mixer is half-carbonated, like Sprite or 7UP, and half noncarbonated, like fruit juice," says Milham. For example, try Midori, club soda, and pineapple juice, or peach schnapps, ginger ale, and orange juice.

INFUSE IT:
GINS AND OTHER NEUTRAL SPIRITS

Infuse leftover booze with fresh fruit or vegetables to give it an entirely new flavor. Just chop your food of choice—melon, cucumber, serrano chilis, bacon—into one-inch cubes, put a cup or two of them in a jar, top it off with the liquor, then let it set for a few days in the fridge. Gin and blueberries or vodka and bacon are good starting points.

SHOOT IT:
JUST ABOUT ANYTHING YOU'VE GOT

Shooters are the mixed drinks of the shot world. They're taller than shots—about three ounces—and usually contain two or three ingredients in equal proportion. They're also a great way to get creative, says Milham. With a cocktail, you want something you can sip for a while. With a shot, it's here and gone—so it's the perfect time to experiment. Try a mix of banana liqueur, absinthe, and coconut milk; or ouzo, peppermint schnapps, and Tabasco—or whatever other crazy combo you can dream up.

Prop styling by Brian Preston-Campbell

NICK FERRARI





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Rad! Fruits like apples, berries, and pomegranates (shown) contain polyphenols.

Polyphenols: Potent plant power

What you need to know about these antioxidant heavy hitters—and how to get them in your diet

We all know that antioxidants are important to include in any eating plan, and that the best way to add them to our diet is to get enough of the whole, natural foods found mainly in the produce section. But did you know that one type of these free-radical-neutralizing compounds is called polyphenols? These micronutrients help protect plants—and may help boost your health, too.

THE BEST AMMO: FOODS WITH ANTIOXIDANTS

This is where eating foods with polyphenols comes in. Fruits and vegetables with these substances—anthocyanins, flavonoids, resveratrol, and ellagic acid—fight free radicals.

Polyphenols are found in foods with vibrant hues, including berries, pomegranates, and grapes, as well as in bitter- or astringent-tasting foods like onions, apples, pears, kale, and cocoa.

ANTIOXIDANTS VS. FREE RADICALS

Polyphenols are a type of antioxidant that's been shown to confer health benefits. In plants, they're often found in the skin or rind.

When circulating throughout our bodies, antioxidants like polyphenols may help or delay cell damage from free radicals—unstable molecules that damage our cells and DNA.

Though the human body does a good job of handling normal levels of free radicals, factors like smoking, stress, and pollutants can contribute to the generation of even more.



...AND EVEN-MORE-CONVENIENT DRINKS

Beverages like red wine, fruit juices, and green tea are also known for their polyphenols. An in vitro study at UCLA found that pomegranate juice has, on average, more antioxidant potency than red wine, grape juice, or tea.

Fresh pomegranate—which is a seasonal fruit—can be hard to find. But if you do find it, you're in luck: Its ruby red arils have anthocyanins, while its rind and the white pith that surround the fruit have ellagitannins, another awesome polyphenol.

So to get the full benefit, go the short and sweet route: Drink 100% pomegranate juice and get all the benefits of the whole pomegranate—free radicals be damned. Some information for this article was provided by POM Wonderful LLC.

Claire Benoist/The Licensing Project; Bottle: Nick Ferrari

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MASTERING THE COMPETITION

As the weather gets warmer, people head outdoors for spring sports and outdoor exercise. Whether training for a competition, or just mastering your best, it's equally as important to prepare mentally as it is to prepare physically. Get an edge on the competition, and reach your peak performance with these expert tips.



1 FORM A SUPPORT SYSTEM FOR SUCCESS
Team up with a buddy for training. He'll motivate you to show up, even if you don't want to. Training won't be something you have to do, but something social and fun.

2 SET GOALS
The only way to truly improve is to challenge yourself—so don't get stuck in a rut. Set goals and push yourself to go a little harder, or a little longer, and you'll see results.

3 ENVISION SUCCESS
A popular saying goes, "Winning is 90% mental, and 10% physical." While the percentages may not be exact, most athletes recognize that a significant proportion of performance is mental. To improve your performance, take five minutes to focus on visualizing yourself succeeding in your upcoming endeavor.

4 DON'T LET FAILURE GET YOU DOWN
Inevitably your team will lose a game, or you won't be able to lift as much as you would like, but that doesn't mean you should give up. Every failure gives you the opportunity to learn from your mistakes and grow.



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In Italian

A relaxed suit with European élan helps one actor remember who he is—and where he came from



THE GUY

Peter Facinelli

Though he's a *Twilight* vampire, a *Nurse Jackie* regular, and star of the new TV thriller *American Odyssey*, Peter Facinelli's not beyond getting stagestruck. "I remember doing a scene with Matthew Broderick [in *Finding Amanda*]," he says, "and I was like, 'I'm working with Ferris Bueller!' Then all of a sudden there was this long pause, and I realized, 'Oh, God—it's my turn to talk.'" ¶ It's not Broderick's iconic film but another classic he'd use to describe his childhood in Queens, NY, though. "It was like *West Side Story*," says the 41-year-old, whose parents emigrated from Italy. "My best friends were Cuban, and I was good pals with Italians, and they beat the crap out of each other all the time. I never got the whole race thing, so I was kind of stuck in the middle." ¶ But he's not throwing his neighborhood under the bus: "I called my production company A7SLE because my first job was in a supermarket, and I worked in aisle 7, so I always want to remember where I came from."

THE SUIT

Wooster + Lardini

Facinelli calls his style "retro relaxed"—also the perfect way to describe the Wooster + Lardini spring 2015 capsule collection, a collaboration between Italian house Lardini and fashion icon Nick Wooster. "The clothes are hip, fun, comfortable, and have an edge to them," Facinelli says. ¶ The collection's 21 pieces feature "classic tailoring that's been turned on its ear," Wooster says, with every piece garment-washed to add character while upholding fit. ¶ "It's perfect for when you want a jacket that isn't so serious but still has the illusion of being dressed up."

Grooming by ChiChi Saito/Art Department for Bumble + bumble

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Brave heart

Experience the thrill—and terror—of BASE jumping's first days in the new documentary *Sunshine Superman*

■ Carl Boenish simply never believed that jumping off cliffs should be impossible. So, in 1978, the California native strapped a parachute on his back and, with a crew of friends, started diving off buildings, antennae, spans, and earth—the sport known today as BASE jumping.

It had been attempted before, but the results weren't pretty. "There were a few guys who tried it in 1966 with round parachutes—they got very, very injured," says Marah Strauch, whose new film, *Sunshine Superman*, explores Boenish's life in and out of the sport. "But Carl and his friends jumped off the cliff using square canopies. They were able to get themselves away from the wall, which is incredibly important."

For more than a year, she says, "they did tests off bridges, figuring out things like how long it would take for a parachute to open and how to make sure the skydiving equipment would open in time and be as safe as possible."

Even more remarkable, Boenish, a cinematographer himself, was filming the whole time—footage that's used in the documentary. "The first jump, he didn't jump—he filmed," Strauch says. "He was on a ladder filming as the jumpers came off the cliff."

Danger finally caught up with Boenish—he died in a BASE jump in Norway in 1984—but Strauch is still in awe. "Carl created this activity—previously it was just a one-off stunt," she says. "If somebody can BASE jump, what can I do in my own life? It inspires me to go out and do other things." –ERIC BROWN





Winging it. *Carl Boenish (left), BASE-jumping pioneer, in this month's* Sunshine Superman.

Sunshine Superman courtesy of Magnolia Pictures; deGrasse Tyson: Marius Bugge; Nick Ferrari

Star Quality

A famed astrophysicist proves that sometimes even big, throbbing brains like to flex their muscles

■ Scientist, author, and lecturer Neil deGrasse Tyson, whose radio-turned-TV-show *Star Talk* just debuted on NatGeo, on his previous life as a wrestler. –BEN RADDING



People don't know you were actually a wrestler in school. How'd that happen?
I started wrestling in high school to get an athletic scholarship, but within a few weeks I was doing it just because I enjoyed it. I was team captain and undefeated—and I ended up attending Harvard, which didn't give athletic scholarships anyway! I had a losing record there three of four years but loved it no less.

What's your take on fitness trackers—useful or "meh"?
I use a tracker, and I think it's great. I'm a measurement weenie—I don't even know if that's a term—but I love knowing my heartbeat when I'm on the elliptical, the rate at which I'm burning calories. The more data the better.

Could trackers be the first step toward "the singularity," when artificial intelligence exceeds ours, and the whole world goes to hell?
I'm not worried about singularity. What would it have been to us 300 years ago? "When machines take over our labor devices, none of us will have jobs!" Well, machines did, and we have other jobs. The world didn't come to an end—in fact, it created wealth beyond all previous measure. Our creations do everything better than we do. We've lost to computers at chess. We've lost to computers on *Jeopardy!*. And we've survived that just fine.

Hang on to your hat

The world's most famous medical writer reflects on an adventurous life

■ Neurologist Oliver Sacks, author of best seller *The Man Who Mistook His Wife for a Hat* as well as other explorations of the human brain, has had one hell of a life.

In his new memoir, *On the Move*, Sacks, now 81, recalls in vivid detail zooming through London streets on a motorbike, nearly killing himself, at 18; becoming an American medical intern after a life-altering romp through Canada; and, throughout his life, exploring his passions for literature, swimming, and even weightlifting. (About his deadlift, he writes, "I could only manage 525...My pleasure was very short-lived, as a few days later I developed a pain in my lower back so intense I could hardly move or breathe.")

Sacks, who's in the last stages of terminal cancer, could not have written a more breathtaking account of his too-full life. Who knew the most important medical writer of our time was also a complete and total badass? –B.R.





FUN



FUN



FUN



TO EACH THEIR OWN SATISFACTION

Bright idea

The sleekest top-of-the-line sports shades on the market all have blaze-orange lenses, vented frames, and minimal frame border. Why? It's not just to look cool.

By Ben Radding



BEST FOR BALLERS
1) EvoShield EvoScopes
$100, *evoshield.com*

BEST FOR BIKERS
2) Zeal Optics Rival Team Edition
$170, *zappos.com*

BEST FOR RUNNERS
3) Nike Skylon Ace XV R
$136, *nike.com*

Flame-tinted lenses

Aside from being eye-catching on a hot summer's day, orange-tinted lenses have a distinct advantage, especially in low light. "These provide increased contrast in low to medium light, so the user can see amplified light and perceive shadows and highlights better," says Steve Tripi, Nike Vision/Marchon Eyewear's marketing director. So next time you hope to smash a ball out of the park, wear orange-tinted lenses—you'll actually see it better.

Vented frames

With their lack of breathability and sweat-inducing design, normal sunglass frames can heat up your face and cause your lenses to fog. Not vented frames. "Vented frames reduce fogging on the back of the lens that's created when you generate excessive heat performing an activity but the front surface of the lens is being cooled by wind or speed," says Tripi.

Naked lower edge

The lack of a frame below the lens provides an obvious bonus: You can see more. "Semi-entrapped lenses offer a greater field of view with less distraction," says Tripi. "Take golf, where you might be looking through the bottom of the lenses, or baseball, where the game has stimuli on the ground and in the sky. Not having that added frame lets you see more surface."

Styling by Sara Wackerman/Jedroot

GREG BROOM



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ROAD TRIP

Did you hit the road with friends for a road trip? You probably have more than a few bugs that ended up on your windshield. Lift their remains from your windows and mirrors with the Magic Eraser Extra Power, and follow up with glass cleaner for a shine.

LOW-KEY WEEKEND

When you spend the weekend checking things off of your "to-do" list, give your car interior some attention, too. Taking 10 minutes with the Magic Eraser Extra Power will remove old scuffs from your interior hard surfaces.





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WHEN IT COMES TO CLEAN THERE'S ONLY ONE Mr.

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Spool up power: Turbonetics turbo

After shocks

Inject some excitement into your ride with this collection of hot aftermarket upgrades

By Adam Bible

For auto enthusiasts, a car is raw material—something to be tweaked, modified, upgraded, and massaged into an extension of their own performance and aesthetic goals. Each year, about $33 billion is spent on aftermarket accessories alone, the Specialty Equipment Market Association (SEMA) estimates, with products ranging from superaggressive camshafts to annoying blue xenon headlights. ¶ Interested in diving into the aftermarket oil puddle? Our first piece of advice: Choose serious, effective accessories—top-quality items that'll improve the driving experience and swap in better, more durable parts than the duds that came from the factory. ¶ So don't spend your time and cash on "chrome" plastic wheel covers from Walmart or take your inspiration from raggedy rides with rusted fart-can exhaust tips and homemade rear wings. Instead, use our rundown (*opposite*) to figure out how to start, what the level of difficulty will be, and about how much it'll cost.



Spit shine: Mothers Wash & Wax



Wax on: Meguiar's Power Pack

Wax Eloquently

Once you've got your ride whipped into shape under the hood and on all four corners, you should put some thought into keeping the outside protected and clean. Along with just looking better, a clean and tidy car can actually give you better gas mileage. *MythBusters* once explored the difference between a dirty car and a washed one and made a convincing case that slick-and-shiny can equal about a 10% increase in fuel economy over a filthy ride.

But don't go grabbing some liquid dishwashing soap from under the sink—we know, our dad did it, too—today's premium paint jobs deserve something less harsh. Go for something designed to protect your paint and existing wax job while still being strong enough to wash away dirt and grime along with splattered bugs and bird poop. One good one: Mothers California Gold Carnauba Wash & Wax (*mothers.com*).

Once you've got your ride nice and sparkling, hit up an easy-to-use wax kit, available at your local auto-parts store. You may not get quite the spectacular results that come from a (pricey) professional shine, but you can get pretty darn close. Try out Meguiar's DA Power System and Waxing Power Pack (*meguiars.com*), which features a dual-action polisher you can attach to any household drill and works with a Power Pack (with a foam waxing pad and Ultimate Liquid Wax) to add protection and shine in just half an hour.

GET YOUR BABY CLEAN AND SHINY WITHOUT BREAKING THE BANK.

A CINCH TO INSTALL

You'll want to start with items that are fairly inexpensive and don't require a mechanical engineering degree to put in correctly.

"Easy upgrades such as an air intake and performance exhaust can make great improvements in power with a small investment," says Peter MacGillivray, a VP at SEMA.

- Motor mount bushings (for quicker throttle response): $35–$50
- Front strut tower brace (to stiffen up your ride): $100–$200
- Larger antiroll/sway bars (to level out body roll): $100–$350
- Wider wheels and tires (to boost handling and look sharp): $100–$1,000 each
- Cat-back exhaust (to efficiently open up your vehicle's lungs): $150–$800
- Racing seats (to cradle your body in the twists and turns): $200–$1,000
- Engine Control Unit tune (to hack and sharpen your car's brain): $200–$1,500
- Cold-air intake (to help create a better-breathing engine): $250–$350

TRICKIER TO UPGRADE

Next, step up to an area that takes a little more time and expertise to enhance, like suspension and brakes. "As you install performance upgrades like larger wheels and better suspension, you may want to consider adding bigger brakes," MacGillivray says.

- Suspension components (to keep your shoes planted on the road): $350–$5,000
- Brake kit (to bring your beast to a smooth, safe stop): $500–$5,000

MECHANIC REQUIRED

Once your car has the right shoes and stance, with freer-flowing air and exhaust, you're ready to move up to refinements that should be handled by experts. "These items add value to the vehicle and significantly improve performance," MacGillivray says.

- Engine component swaps like cams and turbos (to bump up horsepower): $800–$10,000
- High-performance clutch kit (to keep all those horses reined in): $1,000–$2,000

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Elevate your game

The world's top combine guru on unlocking your inner speedster By Bill Bradley

The NFL combine is a punishing standardized test of raw speed, strength, and skills, in which an eye-popping performance means the difference between an early-round contract and a spot on someone's practice squad. So it only makes sense that when top prospects want to boost their scores, they go to the specialist: Nick Winkelman, the country's foremost combine guru and director of movement on the Performance Innovation Team at the human performance training company EXOS, which has whipped into shape seven No. 1 picks since 2001, including Andrew Luck and Matthew Stafford. We tracked him down to share with us his secrets on speed, explosiveness, and keeping yourself healthy.



High score. *The vertical jump, the NFL's official test of pure power output.*

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Want it? See page 154.

How do you actually train someone to run faster?
I'll give you the secret sauce for anyone wanting to improve their 40: Train like you're going 50 yards. I guarantee that eight out of every 10 guys will stop driving when they get near the 40-yard line. So twice a week—one day working zero to 20 yards, one day zero to 50 yards—run four repetitions after a proper warmup as hard as you can. Empty the tank on all four repetitions. You'll drop your 40 by a few tenths [of a second] in six weeks. You also need to have a level of conditioning and tolerance that allows you to complete enough faster reps whereby your actual speed improves. That's the secret. Most conventional speed training is slogged by a bunch of drills that really don't do shit.

What can regular fitness guys learn from combine training specifically?
The combine prep shows that if you want



to improve your speed, then stop spending most of your time doing three sets of 10. Or if you want to get strong, then also stop spending all your time doing three sets of 10! For those who want to try a combine-type program, remember: Recovery is the key to every great program, so massage, stretch, use compression, and get in the cold plunge afterward. Add a little bit of endurance training to my drills, and you'll smash an adventure race or even your pickup games or just a hike with your kids.

So agility drills on top of weights and endurance? What would you recommend for regular guys wanting to up their game?
If you're doing anything beyond linear running that requires speed and cutting—whether it's flag football or a Tough Mudder—I recommend the six-cone drill: Set two rows of three cones five yards apart, where you can shuffle diagonally. Each of those increases in metabolic demand as they get longer and longer. Because the limiting factor in sports—and what often causes the most noncontact injuries—relates to multidirectional speed, we spend a lot of time on it. The six-cone drill involves frequent change of direction both laterally and diagonally, which further requires an ability to drop the hips.

Why are the hips so important?
You can't change direction unless you lower your center of mass—that is, drop your hips. Agility is all about getting low enough, fast enough. This drill is crucial to helping the body develop that rotational power and strength needed for an effective crossover. This drill does more than you can imagine.

Styling by Delvin Lugo; Grooming by Suzanne Katz/Wilhelmina; Vertical jump equipment provided by Parisi Speed School

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Heat Flash

Two truths and a lie with the superhero's pulchritudinous love interest, Candice Patton

By Andrew C. Stone

NO. 1 *The Flash* shuns green-screen special effects, so Patton has had to jump from skyscrapers and wrestle among high-voltage power lines.

NO. 2 Patton once went on Twitter and realized a fan was tweeting about her—while sitting at the table right next to her.

NO. 3 Should you find yourself beside her at a stoplight, she'll sing Top 40 hits right to your face.

"It's so weird to be recognized," says hypermodest actress Candice Patton. "My first thought when someone stares at me is usually: Is my fly open?" In fact, during a recent lunch in L.A., she realized a fan was near-stalking her at that very moment when she read the tweet: "I'm sitting right next to Candice at a restaurant!"

She'd better get used to the attention. Her CW series, *The Flash*, is a runaway hit. On it she plays reporter Iris West, the pal and as-yet-reluctant love interest of Barry Allen, aka Flash, whom she helps to defend Central City via tricky-to-film CGI action scenes. (Yes, No. 1 is the lie—not even super BFFs get paid that much.)

"It's not the most natural feeling, acting against a green screen and pretending to see things that aren't really there," says Patton, 26. "But I'm working with choreographers to improve my punching and kicking. Yesterday I was drenched in sweat—it was so much fun."

When she's not getting her kicks on set, Patton's doing hot yoga or enjoying her favorite pastime: car belting. "I love singing at the top of my lungs, windows open—if you drive up next to me, I'll look at you and just keep singing," she says, laughing.

"That's why I could never live in New York. I couldn't get on the subway and sing out loud!"

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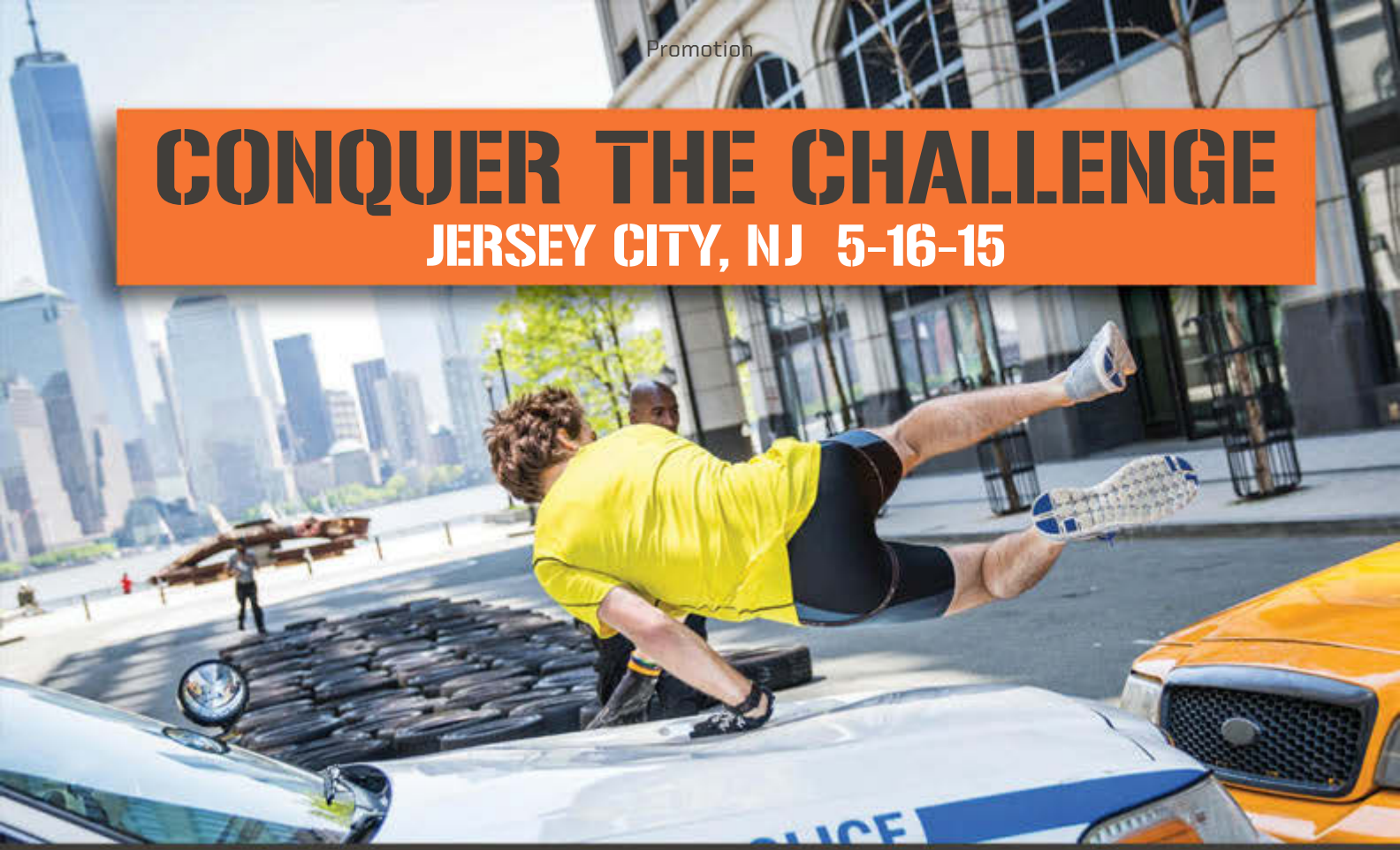
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CITY CHALLENGE
TRAINING GUIDE



MEN'S FITNESS has teamed up with City Challenge Obstacle Race (CCOR) to help you train like a challenger, and prepare to tackle the fastest-growing urban obstacle race this spring! Any training intended to prepare a competitor for the CCOR should combine elements of cardio and strength training. Below are some tips created by its founder, Elvi Guzman.



Water Jug Carries: Set up small course by setting up two cones 10 feet apart. Walk briskly around the cones with 40-pound dumbbell weights in your hands for 20 seconds. Then take a 10-second rest. Repeat this for 4 to 8 sets. **If you can't do this properly with** 40-pound **weights, start with a lighter weight and work your way up.**



Caravan Parkour: Start by standing on the side of a flat bench. Plant both hands at the top of the bench with your thumbs touching, and fingers pointed toward the side that you intend to hop over. Hop your legs and body over the bench while keeping your hand planted on the bench. Once your feet have touched on the other side, immediately hop over to the other side. Perform this exercise as quickly as possible for 30-second intervals with a 10-second rest in between for a minimum of 8 sets.



12-Foot Rope Climb: Connect the rope attachment to your gym's triceps pulldown machine's cable. Kneel in front of the machine with your back straight. Reach up and grab both sides of the triceps rope with one hand. Keeping your back arched, your chest puffed out, and your shoulders back - pull the rope down to your sternum with one hand. Let the rope back up slowly. Without letting the weight rest, reach up and grab both sides of the rope with your other hand. Do 5 reps with each hand (10 reps total), and then rest briefly. Repeat for 4 to 8 sets. **You should struggle to finish each set.**

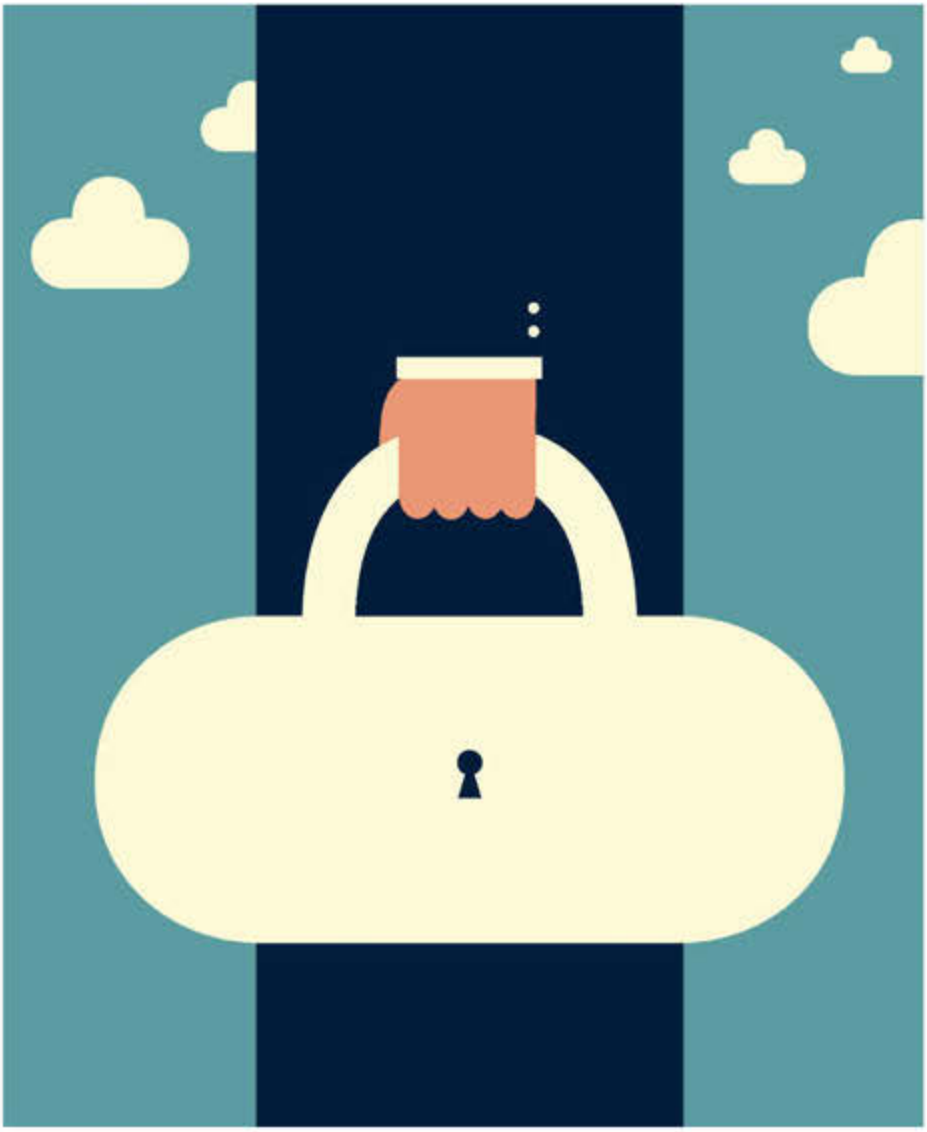


Wall Climbs: The climbing walls of CCOR range in size from 4 to 8 feet. so you're going to need practice hopping up and locking your arms out to get your feet over these barriers. Position yourself facing your gym's dip station with your hands on either bar. Hop up, and lock your arms out. Hold yourself up for 2-3 seconds. Let yourself down slowly, and then quickly hop right back up. Perform this exercise for 30-second intervals with 10-20 seconds of rest in between for 4 to 8 sets. **For a greater challenge crunch your knees up toward your body and hold them above your waist while your arms are locked out.**

Learn It!

by Mario Armstrong





Lock down the cloud

A guide to keeping–and protecting–your data in the ever-confusing cloud

HAVE YOU EVER noticed that when you enable Photo Stream on your iPhone, all your pictures, including the ones you don't want your girlfriend to see, are easily available for anyone to view on that iPad that lives on your coffee table? Have you ever uploaded something to cloud storage, realized it was too sensitive, then deleted it later? Do you know that there's a strong possibility a backup copy of that file is still being stored, so anyone with access to your account can still get it? If not, you've never heard of Jennifer Lawrence.

When you store files in the cloud–the network of remote servers hosted on the Net by various businesses and used to store data–the chief benefit is easy access to your files, from anywhere, and peace of mind, knowing that if you lose your computer, you won't lose all your stuff.

But the cloud comes with very real risks. If you need more evidence of that, look no further than all the celebrities, including the aforementioned J-Law, who've had their cloud accounts hacked over the past year. And while you might not be uploading naked photos of yourself that you're worried about getting leaked, you're likely entrusting other sensitive items–work files, tax returns, credit card info–that hackers would love to get their hands on.

So think hard about what service is right for you, what you choose to upload, and how to keep it all locked down (or up) for good.

WHICH CLOUD TO CHOOSE?

Most cloud storage services do the same thing: store files. That said, there are special benefits to each, whether it's a cheaper plan or more file capacity, so know your needs before you pick.

If you're on a budget, Microsoft's OneDrive is the winner. It comes with 15 gigs of free storage just as Google Drive does, but the real draw is the $7/month one-terabyte

Armstrong: Mangue Banzime/Elias World Media

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(1,000 gigabyte) plan. Plus with that you get Office 365, which can cost $100, at no charge.

For those who need to store larger files, such as movies (which can run between one and 10 gigs), Dropbox is the solid choice, because it doesn't have the file-size limits most cloud services do.

If you're a big Apple fan—you're juggling a MacBook, an iPad, and an iPhone—then iCloud Drive, the Apple storage service that integrates seamlessly with the company's ecosystem, is hard to beat.

If you're a photographer or Instagram addict, Google Drive offers free, unlimited photo storage for images smaller than 2,048 x 2,048 pixels (which is pretty damn big).

Finally, if you're serious about privacy, SpiderOak's cloud service auto-encrypts your data so securely that even the company can't read what's in it.

THINK TWICE (OR CRINGE FOREVER)

There are ways the cloud could expose photos or files you'd prefer to keep hidden.

For one, if you blindly turn on all the services when you sign up, you're asking for trouble. For example, Dropbox increases free storage in exchange for uploading every photo on your phone to its cloud—but do you have time to go through your photos to edit out the dicey pics?

Also, no matter the service, don't take the easy way out and sync your entire Documents folder to it. It's tempting to get that immediate productivity boost by syncing all your docs, but take the time to organize them into folders first and sync only those you'll really need on the go.

Finally, don't use the same old password for the cloud as you do for other accounts—make this one impossible to guess.

STRANGER DANGER!

There are tons of apps you can connect to cloud storage, from e-mail clients to task-management systems—but doing that also gives the owners of those apps access to your files. What happens if they change hands? Can you trust the new owners to do the right thing with your data?

All cloud services offer a way to check which apps are connected, so go in and see if there are any you don't recognize. I strongly recommend using Google's Account Security Checkup (*security.google.com/settings/security/secureaccount*), which makes it dead simple to review permissions to keep prowlers out.

A Few Very Simple Security Tips

There are several ways to protect yourself, but it's important to remember these three basic principles. Use them, and you should be well-protected.

Rely on a password manager

■ Guess what the top password of 2014 was? "123456." If someone's trying to gain access to your cloud account, there couldn't be an easier way of doing it than simply entering your inane password. A password manager like 1Password can create a custom, secure password—a random collection of numbers and letters—for you, then enter it when you go to your cloud account.

Password-protect your PDFs

■ If you store sensitive docs in your cloud, make sure any PDFs are password-protected. It's easily done in Apple's doc-viewing app Preview but with more difficulty in Adobe itself—you need the premium version to do it. But for sensitive documents, it's worth it.

Don't use any service that doesn't have two-factor authentication

■ In 2012, hackers broke into *Wired* writer Mat Honan's iCloud account by accessing his Amazon account to get the last four digits of his credit card, calling Apple with those digits, and changing his password. Two-factor authentication—when you try to access an account using an unfamiliar phone, tablet, etc., and are required to enter a new, second pass code texted to you by the company—could have saved Honan a lot of trouble, he admits. Most big companies now have this, and Yahoo! recently introduced an e-mail feature that logs people in only once they've entered the texted code.

WHAT ABOUT THE GUB'MENT?

Since the Edward Snowden leaks, there are fears that Big Brother is even more eager to get at your data—and that the cloud makes that easier. According to nonprofit online-freedom org Electronic Frontier Foundation (EFF), "The [Department of Justice] has been unequivocal that cloud users have no right to challenge government access to the tremendous amount of 'non-content' information held by these systems—their location, their contacts, their communications patterns, and more."

But in the EFF's 2014 "Who Has Your Back?" report, many of the biggest cloud services—Apple, Dropbox, Facebook, Google, Microsoft, Twitter, Yahoo—scored six out of six stars for protecting your data when they can and being transparent when they can't.

But a few companies you might've thought you could trust—Amazon, Foursquare, Snapchat—got less-than-satisfactory scores, so if this is a worry, check out the report at *eff.org/who-has-your-back-2014*.

DROPBOX INCREASES FREE STORAGE IF YOU LET IT UPLOAD EVERY PIC ON YOUR PHONE—BUT DO YOU HAVE TIME TO EDIT OUT THE DICEY ONES?

BOSS-PROOF IT

If you're at the office and need to open a file that's in your personal cloud, don't download the software and install the cloud app on your desk computer—which could put all your private docs on your company-owned, company-controlled computer and give your employer complete access to them through the software.

Instead, use a private browser window, sign into your cloud's Web interface, get the one file you need, then be sure to sign out and clear your cache when you're done.

ROLL YOUR OWN CLOUD

An alternative to paying a major service for cloud storage is to build your own cloud storage. With the right equipment, you can get the convenience of cloud storage without handing your data over to a third party.

A Western Digital My Cloud drive is easy to start with. Though it looks and acts like any other external hard drive, it includes software that helps you set up a private cloud you can then connect to apps on any devices you own. It's win-win: more control over your data but none of the monthly fees cloud providers charge.

If your storage needs are even more serious, look into networked-attached storage (NAS). An NAS is a container that plugs into your router, adding storage that can be accessed by any computer on your local network, including your desktop, laptop, phone, and tablet.

Even better, devices like those from a company called Synology also make your files securely accessible, just as Dropbox does—you can see your files and folders from anywhere in the world and secure them with a password. ■

Mario Armstrong, a digital lifestyle expert, appears regularly on NBC's Today *and CNN.*

Fleas & Ticks?
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BRAVECTO® (FLURALANER)

***Bravecto kills fleas, prevents flea infestations, and kills ticks (black-legged tick, American dog tick, and brown dog tick) for 12 weeks. Bravecto also kills lone star ticks for 8 weeks.**

Bravecto is for dogs 6 months of age or older. Side effects may include vomiting, decreased appetite, diarrhea, lethargy, excessive thirst, and flatulence.

Please see Brief Summary of Prescribing Information on following page.

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MERCK Animal Health

NADA 141-426, Approved by FDA

BRAVECTO® (FLURALANER)

BRIEF SUMMARY (For full Prescribing Information, see package insert)

Caution:
Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Indications:
Bravecto kills adult fleas and is indicated for the treatment and prevention of flea infestations (*Ctenocephalides felis*) and the treatment and control of tick infestations [*Ixodes scapularis* (black-legged tick), *Dermacentor variabilis* (American dog tick), and *Rhipicephalus sanguineus* (brown dog tick)] for 12 weeks in dogs and puppies 6 months of age and older, and weighing 4.4 pounds or greater.

Bravecto is also indicated for the treatment and control of *Amblyomma americanum* (lone star tick) infestations for 8 weeks in dogs and puppies 6 months of age and older, and weighing 4.4 pounds or greater.

Contraindications:
There are no known contraindications for the use of the product.

Warnings:
Not for human use. Keep this and all drugs out of the reach of children. Keep the product in the original packaging until use, in order to prevent children from getting direct access to the product. Do not eat, drink or smoke while handling the product. Wash hands thoroughly with soap and water immediately after use of the product.

Precautions:
Bravecto has not been shown to be effective for 12-weeks duration in puppies less than 6 months of age. Bravecto is not effective against *Amblyomma americanum* ticks beyond 8 weeks after dosing.

Adverse Reactions:
In a well-controlled U.S. field study, which included 294 dogs (224 dogs were administered Bravecto every 12 weeks and 70 dogs were administered an oral active control every 4 weeks and were provided with a tick collar); there were no serious adverse reactions. All potential adverse reactions were recorded in dogs treated with Bravecto over a 182-day period and in dogs treated with the active control over an 84-day period. The most frequently reported adverse reaction in dogs in the Bravecto and active control groups was vomiting.

Percentage of Dogs with Adverse Reactions in the Field Study

Adverse Reaction (AR)	Bravecto Group: Percentage of Dogs with the AR During the 182-Day Study (n=224 dogs)	Active Control Group: Percentage of Dogs with the AR During the 84-Day Study (n=70 dogs)
Vomiting	7.1	14.3
Decreased Appetite	6.7	0.0
Diarrhea	4.9	2.9
Lethargy	5.4	7.1
Polydipsia	1.8	4.3
Flatulence	1.3	0.0

In a well-controlled laboratory dose confirmation study, one dog developed edema and hyperemia of the upper lips within one hour of receiving Bravecto. The edema improved progressively through the day and had resolved without medical intervention by the next morning.

For technical assistance or to report a suspected adverse drug reaction, contact Merck Animal Health at 1-800-224-5318. Additional information can be found at www.bravecto.com. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or online at http://www.fda.gov/AnimalVeterinary/ SafetyHealth.

How Supplied:
Bravecto is available in five strengths (112.5, 250, 500, 1000, and 1400 mg fluralaner per chew). Each chew is packaged individually into aluminum foil blister packs sealed with a peelable paper backed foil lid stock. Product may be packaged in 1, 2, or 4 chews per package.

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141487 R2

by Jack Otter





Prop styling by Angela Campos/Stockland Martel

The Wages of Sin

The surest financial investment right now is also the worst for your health

TOBACCO, BOOZE, GAMBLING: THEY'RE IN STEADY DEMAND IN GOOD TIMES AND BAD.

To the extent that you can actually remember anything about it, think back to the last bachelor party you went to. Look around the room. OK, peel your brain away from the stripper, and what do you see? Bourbon? Cigarettes? A bunch of guys losing their shirts at a blackjack table? There's a good chance you and your buddies dropped a lot of cash in a short period of time. Here's your chance to win it back. ¶ Your loss, of course, is someone else's gain. So if only you could invest in, say, bourbon, cigarettes, and blackjack, it'd be a good move, right? ¶ A recent academic study suggests the answer is yes.

LEVI BROWN

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Now, we'd never,

ever, endorse the use of products that destroy your body, especially cigarettes, perhaps the most odious consumer good ever conceived. But we *do* endorse sound financial health, and even we couldn't ignore a stunning chart by Credit Suisse comparing stock performance by various industries from 1900 to 2014. For a baseline, know that a dollar invested in the stock market back at the turn of the previous century would have grown to $38,225 by last year. Not bad. But one industry crushed all the others: Big Tobacco. ¶ A dollar invested in smokes then is a whopping $6.2 million today. Why? Well, if a company or industry is popular, then investors will bid up the price of the stock. And the biggest predictor of future returns is current valuation. The lower the value relative to earnings, the higher it can go in the future. So, while popularity pays off for a time, eventually even the hottest companies either disappoint or fanboy investors bid up the price beyond their ability to deliver profits.

Tobacco, however, was viewed with suspicion long before people knew it was deadly. It faced various social stigmas. In 1900, the Supreme Court upheld a Tennessee law banning cigarette sales, citing the suspicion they were laced with drugs; in 1950 three medical studies linked smoking to cancer. So enough investors shunned the stocks for various reasons that they were almost always cheaper than they should have been based on the firms' earning potential.

And cheap stocks often pay nice dividends. (A stock that pays $1 in dividends each year yields 10% to investors who pay $10 per share. If the shares run up to $20, however, that $1 dividend is just 5% of the share price.) Thanks to their scruples-depressed price, tobacco stocks have traditionally given shareholders generous annual payouts—which, when reinvested, compound returns.

And it's not just tobacco. It turns out this phenomenon plays out across a whole Vegas-esque portfolio of vice. The authors of the new study, a trio of London Business School professors, found that "sin pays"—basically because these companies, according to the professors, have steady demand from customers all around the world in both good times and bad. They tend to earn high profits and boast what Wall Street calls "high barriers to entry," meaning, it's no simple matter to launch a casino or a distillery. And despite all these attractive qualities, enough investors avoid the stocks that their share prices remain attractive.

Fun with the vice fund

The professors were not the first ones to notice this phenomenon. In 2002, an intrepid investor launched the Vice Fund, a mutual fund that holds a bachelor-party portfolio ranging from MGM Resorts and Las Vegas Sands to Brown-Forman and Anheuser-Busch to the Marlboro Man's parent company, Altria. Ensuring an even wider group of people will be offended, Sturm, Ruger & Co., a firearms manufacturer, also has a place in the portfolio.

The professors compared the returns of the fund with the Vanguard FTSE Social Index Fund, which shuns such companies and instead holds shares in firms screened for meeting socially responsible criteria ranging from human rights to environmental concerns. Such things as gambling, guns, and adult entertainment don't make the cut.

After 12 years, an investor who'd parked $10,000 in the socially responsible fund in 2002 had a clear conscience and $26,788. The fun-loving fellow

THE RETURNS ARE STUNNING: ONE DOLLAR INVESTED IN BIG TOBACCO IN 1900 IS WORTH $6.2 MILLION TODAY.

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■ The Federal Reserve is expected to nudge interest rates higher in the coming months. This may be your last chance to lock in the lowest mortgage rates in more than half a century. You can borrow for 30 years at less than 4%, for 15 years at 3%.

who'd gambled on the Vice Fund saw his stake grow to $33,655, according to the study. And here's a nice bit of irony: The socially responsible investors are inadvertently helping the sin portfolio outperform, the professors say. By shunning those stocks, they contribute to their lower valuation, giving an advantage to other investors who can then buy in at a lower price.

Yet despite this great record, investors haven't flocked to the fund. It holds just $275 million, fairly meager for a 14-year-old market-beating fund. Which may just prove the point: If investors were eager to join the party, the very phenomenon that makes it work might disappear. The fund changed its name last year to the USA Mutuals Barrier Fund. Maybe that will help with marketing.

How to capitalize on sin

If they were so inclined, the easiest way for investors to add some sin to their holdings would be through a portfolio such as the Barrier Fund (VICEX). The Rydex Leisure Fund (RYLIX) also owns a lot of vice, but Disney is its top holding. In both cases you'll pay a fairly high expense ratio of more than 1%, which means the fund has to beat the market, on average, by more than that each year.

You can buy individual stocks—Altria, Lorillard, and Reynolds American all pay dividends of close to 4%, and the Las Vegas Sands, which earns half its revenue in the Asian gambling mecca of Macau, yields nearly 5%. The trade-off is a lack of diversity: One crooked CFO or a few adverse court rulings could torch your investment.

Now, I'm not suggesting you dump all your retirement savings into sin stocks. For starters, they can be volatile. China's recent crackdown on corruption, for example, has hammered gaming stocks with exposure to Macau. Budweiser and Heineken are feeling the heat as beer drinkers switch to craft IPAs and Maker's Mark.

Most important, you shouldn't put all your chips in just one industry or even group of industries. The core of your retirement savings should be invested in low-cost index funds that give you exposure to the entire stock market, here and abroad. There's overwhelming evidence that indexing beats stock picking, and last year 80% of actively managed stock funds did worse than the market, including the Vice—I mean Barriers—fund.

Still, there's also a broader investing lesson here, useful even if you avoid "sin stocks" on principle: The only way to beat the market—and it's not easy—is to go against the grain. Warren Buffett says to buy fear and sell greed—in other words, to buy when the market is plummeting and sell when it's run up. Others look for out-of-favor sectors—home builders, for instance, were cheap during the Internet bubble. Some investors searched through the ruins for energy stocks after the price of oil plummeted this past winter. Eventually, such bets pay off, but they take a strong stomach. And when they get popular, as home builders did in the housing bubble, you may need to sell.

The nice thing about sin is that it's been out of favor for 114 years. I'll drink to that. ■

Jack Otter is the author of Worth It...Not Worth It? Simple & Profitable Answers to Life's Tough Financial Questions.



Burn It!

by Mark Ellwood





GOODBYE, CRUEL BUNDLE. THANKS TO GOOGLE, APPLE, ROKU, AND SLING, YOU SHOULDN'T SPEND MORE THAN $30 A MONTH ON TV EVER AGAIN.

So long, cable

You've wanted to dump Time Warner for months, maybe even years. Now, thanks to snazzy new hardware and streaming services, you don't need to be some rogue hacker to pull it off. Here's how to finally cut that cord.

I'LL JUST COME RIGHT out and say it: I hate the American Heroes channel. This isn't because I'm British, which I am, or because I hold anything against those in uniform—quite the opposite. I don't like it simply because I've never watched it—it's channel 229 of the 900 channels that my cable bundle, at roughly $180 a month, provides—yet I pay for it. The same goes for Oxygen, HGTV, Ovation, SoapNet, Cartoon Network, and Fox Deportes.

By now you've no doubt heard of "cord-cutting," the term for ditching traditional cable for some form of Web-only TV viewing. But if you're like me, going rogue with your at-home entertainment has always been just a little too daunting. "Most people out there don't realize how low-risk this is," says Greg Scott of cordcutterguide.com. "It's not like you're becoming a vegetarian. Just about everything is online these days. And trust me: you won't be alone."

Prop Styling by Angela Campos/Stockland Martel

LEVI BROWN

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Burn It!

In fact, nearly 13% of TV-watching households now live without cable—a number that will skyrocket in the days and months ahead after HBO debuted its long-awaited streaming subscription service last month in partnership with Apple—and some of the biggest tech players are making it easier and cheaper than ever to pay exclusively for the things you want to watch. Apple is reportedly planning its own Internet-TV service to launch later this year. The savings? Let's put it this way: If you budget a one-time outlay of under $400 for the equipment, expect to pay less than $30 each month to watch every one of your favorite shows, on any device. That's $150 a month staying in your pocket.

So here's how to finally join the streaming masses, in four easy steps.

STEP 1

Make sure you've got the bandwidth

Test your Internet downloading rate on *testmy.net* or *speedtest.net* to ensure your Internet speed is streaming worthy. You'll need a connection of 10MB per second or higher, which is now pretty standard among providers. To make the most of that speed, swap the standard modem for a juiced-up alternative like the Motorola Arris SURFboard SB6141 (about $90), which works seamlessly with almost all the major Internet providers to access the max broadband speed. You'll also need a top-tier Wi-Fi router—both Apple's AirPort Express and TP-Link's Archer C7 are about $100.

STEP 2

Secure all the major broadcast networks, gratis

Can you get a cell phone signal at your house? If the answer's yes, there's a free and easy way to watch all the major networks: an antenna. In fact, according to Nielsen, 96 of the 100 most popular shows on TV are accessible for free. And don't worry about looking cheap when you have company, because today's new aerial antennae aren't exactly rabbit ears—they're the size and thickness of a sheet of paper. Two can't-miss brands, the Mohu Leafpaper and the Winegard Flatwave (both starting at $25), can be hidden behind a picture frame. If you want the option of recording content, invest in a Channel Master, the streaming version of a DVR, which costs $249 and allows you to store recordings by plugging an external hard drive into an USB port. There are no monthly fees.

STEP 3

Scoop up the rest from the Web

For access to TNT, TBS, or other cable-only channels, you'll need some new hardware with a single function: converting media streaming on the Internet into a format that can be displayed on a standard flat-screen TV. Never before have there been so many options here.

There are "dongles," or mini hardware, which plug into the HDMI port on your TV that you operate using smartphone apps. They include Google's Chromecast and Amazon's Fire TV Stick. There's also Apple TV and Roku's box, a bit bigger, like mini cable boxes, which come with their own remotes. At $35, Chromecast is cheap and effective for basics like Netflix and league-specific sports apps, such as MLB.TV—but for now that's about it. Apple TV ($69) and Amazon Fire ($99) offer all those things and a wider selection of content, including FX, PBS, and UFCTV.

But my personal favorite is the Roku 3. At about $100, it has a superfast video processor and a handy headphone jack in its remote, so you can watch TV even when your girlfriend's snoozing. In other words, it's the perfect tool for our current era of binge-watching TV.

STEP 4

Get back in the game

Until now, the biggest downside to cord-cutting was the dearth of live sports available without a cable subscription. For years, the major network affiliates usually offered local games to each area, but all the major sporting events or out-of-market games were off limits to anyone without a bundle. Thankfully, according to Tom Galland, author of *Dump Your TV,* the brand new Sling TV, an "over-the-top" service debuted earlier in the year by satellite provider Dish, is a "lifesaver" for sports fans.

Sure, it's $20 per month for just a dozen channels—including A&E and the History Channel—but it has one essential: ESPN. "The only downside is that you can't pause the live TV to run to the bathroom, but I hope they'll give in at some point." If you combine this with one Netflix subscription ($7.99/month), you'll be saving loads of money. And you'll never have to deal with Time Warner customer service ever again. ■

Mark Ellwood is the author of Bargain Fever: How to Shop in a Discounted World.

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YOU CAN'T FAKE STRONG™


SPECIALIZED
ROCKSHOX

Roll into summer

By Peter Koch
Photographs by João Canziani

There's a great big, beautiful world beyond those gym walls, brother. Here's how to find your wild side, push your boundaries, and squeeze every sweat-fueled drop out of nature this summer.





Stand-up Standout

1) C4 Waterman Muñoz Mongoose 12'6"

Designed by surf pioneer and legendary board shaper Mickey "the Mongoose" Muñoz, this is a fast, stable, and maneuverable SUP that cuts through chop and tracks well on open water. Explore your local lake or—with six onboard cargo attachments for hauling gear—camp Huck Finn-style on that offshore island you've been eyeing. $1,899; *c4waterman.com*



Stand-up Paddling

WAVE WALKING

The world's fastest-growing water sport, stand-up paddleboarding (SUP) combines a low-impact, full-body workout (as evidenced by Laird Hamilton's core) with something impossible to find in the gym—sunshine and outdoor adventure. Plus, it's beginner-friendly, allowing most any reasonably fit guy to explore his local river, lake, or ocean in his very first session. It's time to catch the wave.

Paddle

2) Werner Soul M

Built with the same performance DNA as Werner's full-carbon Nitro paddle, the Soul comes equipped with a fiberglass blade and incorporates fiberglass in the shaft. The result is heavier but feels every bit as peppy. $269; *wernerpaddles.com*

Sunglasses

3) Revo Guide S

Cut down on glare off the water with Revo's legendary high-contrast polarized lenses, which also repel sweat, oils, and water with a SurfacePro coating. The sporty Guide S frames feature anti-fogging fast-flow vents and stay glued to your noggin in rough waters. Add a leash for insurance. $189; *revo.com*

Rashguard

4) Volcom Sub Stripe Long Sleeve Rashguard

The classic stripes of this medium-weight polyester rash guard feature 50+ SPF UV protection for long, sunny-day paddles. Flip up the hood when the breeze kicks in. $55; *volcom.com*

Boardshorts

5) Hurley Phantom Create Block Party

A DIY design approach where you customize the colors and patterns of several elements (like the drawcord and fly) puts the "fun" in these very functional boardshorts. Four-way stretch allows you to move freely, and seamless construction prevents chafing. $125; *hurley.com*

Styling by Leila Baboi; Grooming by Sonia Lee/Exclusive Artists using Murad; Prop styling by Patrick Muller/Art Department: Still life styling by Rachel Stickley/BA Reps



Beer

SUMMER SESSION ALES

At the end of an epic ride or grueling run, nothing quenches your thirst quite like an ice-cold beer. Beer is packed with sugary carbs and heart-healthy flavonoids, but recent studies show that knocking back too much of your favorite post-workout brew can sap muscle recovery. (Damn you, science!) So we've come up with a solution by rounding up seven of our favorite low-in-alcohol, big-on-flavor beers.



Cooler

Yeti Hopper 30

An easy-to-haul, soft-sided cooler that's leakproof and keeps beer cold for days? That's innovation we're willing to pay for. $350; *yeticoolers.com*

Avery Joe's Premium American Pilsner

This crisp pilsner is as classic as its name—light malt followed by a refreshing noble hops taste of freshly cut grass. *averybrewing.com*

Oskar Blues Pinner Throwback IPA

From the brewer that invented the concept of canned craft beer, this refreshing hop-forward IPA toes the session line at 4.9% ABV. *oskarblues.com*

Guinness Stout

With 4.2% ABV, Guinness is one of the most drinkable—and, at 155 calories, healthy—full-flavored stouts on the market. *guinness.com*

Modern Times Fortunate Islands

This 5% ABV wheat ale bursts with IPA-worthy hop notes but finishes as you'd expect, with a mildly nutty backbone. *moderntimesbeer.com*

Anderson Valley Blood Orange Gose

This dry, salty-sour wheat beer packs a refreshing juicy orange tang. It won't be for everyone, but at least it replenishes electrolytes. *avbc.com*

Ballast Point Even Keel

Despite being the lightest beer here (3.8% ABV), this session IPA drops an invigorating herb- and citrus-filled hop bomb on the palate that's perfect for the next BBQ. *ballastpoint.com*

Founders All Day IPA

You literally can sip the beer that started the session craze—its strong grapefruit aroma and peppery, piney hops are barely kept in check by a thin malt backbone. *foundersbrewing.com*

THE RIGHT WAY TO PACK A COOLER

For supercool beverages on a hot summer day, follow these steps: 1) Put down a layer of beer. 2) Pour a one- or two-inch-thick layer of ice over top. 3) Sprinkle a handful or two of the secret ingredient—rock salt—over the ice. 4) Repeat, finishing with ice on top, since cold sinks. While the salt does melt some of the ice, it also lowers its freezing point, allowing the water to cool to well below 32°.

Trail Tested

Specialized Fatboy Pro

When the guys at Specialized bet on a trend, the industry takes note. The Fatboy Pro upgrades its predecessor—the same bike that won the first-ever Fat Bike National Championships—with well-balanced, tricked-out components for a fast, fun ride on any terrain.

Here's what makes it great:

Fat Tires: Superwide 4.6-inch tires—more than twice the size of standard mountain bike rubber—turn this bike into the cycling equivalent of a monster truck, able to eat up obstacles.

Front Suspension: The three-inch travel Bluto suspension fork smooths out bumpy trails, keeping your tires at max traction.

1x11 Gearing: When you're shredding mud, dirt, and debris all day, simpler is better. By dropping a chainring up front, SRAM's X01 drivetrain simplifies shifting, eliminates "ghost shifts," and sheds weight.

Dropper Seatpost: With the touch of a button, the dropper post allows you to lower your center of gravity for downhill ripping, then raise it up again for climbing power.
$4,200; *specialized.com*

Fat Bike Revolution

GO BIG OR GO HOME

Fat bikes—big, lumbering mountain bikes with double-wide tires—rolled off the frozen Alaskan steppes a decade ago, but the world is just starting to take notice. Cyclists are now riding them on sand and singletrack, where the massive tires roll over obstacles with ease. Specialized's Fatboy line (including the Pro, opposite page) is evidence that the mainstream is ready to ride where no bike has gone before.



Helmet

1) Smith Optics Forefront Helmet

This full-coverage lid uses Koroyd, a co-polymer that is lighter, more breathable, and does a better job absorbing impacts than normal lids. It features an integrated camera mount for those GoPro moments. $220; *smithoptics.com*

Pack

2) Acre The Hauser 10L

This weatherproof hydration pack keeps all the gear you need—trail tools, food, jacket, and three-liter hydration reservoir—safe, dry, and close to you. $195; *acre-supply.com*

Shoes

3) Pearl Izumi X-Project 2.0

"X-Project" refers to the crossover appeal of this carbon plate-equipped dirt shoe that remains stiff while pedaling but flexes for walking comfort. $210; *pearlizumi.com*

Jersey

4) Kitsbow Rudy Jersey

The Rudy's formfitting lightweight merino wool dries quickly, while shoulder-to-shoulder back vents keep heat in check. A covert zippered pocket stows energy gels, as well as cash for postride beers. $220; *kitsbow.com*

Shorts

5) Club Ride Crush

A DWR coating makes these shorts water-resistant, and reflective elements help you stand out on the ride back into town. Wear them over bib shorts for all-day sessions. $120; *clubrideapparel.com*

EXPERT TIP: SYNC WITH THE PARTNER IN YOUR POCKET



When you don't have a buddy to motivate you through a ho-hum training ride, Strava's addictive "social fitness" app is the next best thing. In addition to tracking and analyzing your sessions, it applies positive peer pressure—a feed of your friends' grueling daily workout results—to goad you into the saddle. But its most powerful feature allows you to compare your performances on any local hill or nowhere stretch of road against those of every other Strava user and compete for King of the Mountain (KOM) bragging rights. It's as addicting as it is arbitrary—you'll bust your ass like never before, even if it's just to be King of the Cul-de-Sac.

Kayak: Rush Sturges/GoPro



Test your limits at a dozen disciplines—including stand-up paddleboarding, slackline, bouldering, mountain biking, raft racing, and kayaking—at the GoPro Mountain Games in Vail, CO. Plus, there are three free concerts throughout.

To Do

MARK YOUR CALENDAR

Start off your summer outdoors kick with the best obstacle races, gran fondos, and gravel grinders.

MAY 30

Dirty Kanza 200 (Emporia, KS) The most famous of the new breed of "gravel grinders"—self-supported endurance bike races that traverse gravel and dirt backroads—crosses 200 miles of lonely, rolling Kansas countryside. *dirtykanza200.com*

JUNE 4–7

GoPro Mountain Games (Vail, CO) This "Summer Olympics" for mountain dwellers includes open contests in mountain biking, trail running, and even disc golf. *mountaingames.com*

JUNE 26–29

Presidential Traverse (Crawford Notch, NH) Spend some time on this above-treeline hike through New Hampshire's White Mountains—10 summits in four days. *amc-nh.org*

JULY 12

Chet Warman Memorial Gran Fondo (Pittsfield, VT) Refuel the right way—with wholesome, fresh foods at farm-based aid stations—as you follow a scenic 102-mile course through Vermont's Green Mountains. And at the end, get a gourmet farm-to-fork barbecue. *farmtoforkfondo-vt.com*

NICK FERRARI



Trail Running Gear

RUN WILD

When the asphalt's on fire and the sidewalks make you sore (and they will), it's time to take to the trails. But before you run off-road, you need some specialized gear. We asked pro ultrarunner Hal Koerner, who also happens to own specialty running shop Rogue Valley Runners in Ashland, OR, to tell us what's in his trail kit.

Nutrition

1) GU Chomps

"I love these because I can dole them out as needed when I'm training. Having the ability to customize calories keeps me alert and my stomach lively."
$35/box of 16; *amazon.com*

Shoes

2) Nike Zoom Terra Kiger 2

Koerner stresses lateral stability, flex, breathability, and beefy toe bumpers. The Terra Kiger 2 has a smallish bumper but checks the other boxes—including sticky rubber lugs and a firm forefoot that protects against trail debris.
$125; *nike.com*

Sunglasses

3) Julbo Venturi

"These lightweight models have great nose fit and ventilation, something I look for when working hard on hot days and sweat becomes a factor, or during afternoon showers high on mountain ridges when I want the protection of a lens."
From $120; *julbousa.com*

Shorts

4) The North Face Better Than Naked Shorts

"Whatever length, these allow a ton of storage that's as economically efficient as the shorts are ergonomically suited for long days on foot. I love the FlashDry, which wicks sweat completely during even the most extreme pursuits."
$55; *thenorthface.com*

Headlamp

5) Petzl NAO

"The lumen count [575] rivals a German sedan, and it is just about as intuitive when it comes to customizing your lighting preferences."
$185; *petzl.com*

Warm-Weather Top

6) Eddie Bauer Quantum Short-Sleeve T-Shirt

On those sweltering lunchtime runs, the Quantum's unique sweat-activated vents—which are mapped to common sweat zones—open up to dump heat quickly and cool you down. What's more, the shirt's polyester fabric actively wicks sweat and dries in a flash.
$60; *eddiebauer.com*

Cool-Weather Top

7) SmartWool NTS Micro 150 Pattern Crew

"Whether I'm warming up in the inversion or on a blustery ridge, the next-to-skin comfort is insulating, breathable, and light. I also like that it moves well and doesn't stink or give me the chills when I'm in the coffee shop afterward."
$80; *smartwool.com*

Watch

8) Garmin Forerunner 920XT

"With a 24-hour battery life, it makes the most sense for ultrarunning; and the four display fields help me keep an eye on time, mileage, elevation, and pace without having to take my mind off the terrain." Don't forget the other cool features, like a VO2 max estimate and automatic data upload to the Garmin app.
From $450; *garmin.com*

Anti-Chafing Balm

9) Body Glide

"Whether you're plodding through a rainstorm or baking in the hot summer sun, rest assured you'll be covered from chafing, friction, and blisters with this all-in-one prophylactic." The Endurance-Strength formulas come invisible and feel like they aren't even there.
From $6; *bodyglide.com*

Sports Nutrition

REAL FOODS FOR ALL-DAY ENERGY

When you're heading out for a ride, it's convenient to stuff your pockets with "sports nutrition" products—prepackaged portable gels, chews, and bars. But, asks sports physiologist and Skratch Labs founder Allen Lim, do you know what you're actually putting in your body? A lot of excess ingredients: emulsifiers, food colorings, artificial sweeteners...His solution? Eat real foods, preferably ones that contain a lot of water. ¶ His go-to fuel is homemade rice cakes. "Rice has a very high moisture content; is very easy to process, digest, and absorb; and is portable and easy to shape and mold," Lim says. In his cookbook *Feed Zone Portables* (Velo Press), he offers sweet variations with ingredients like chocolate and berries, as well as savory ones with meat, herbs, and hot sauce.



NICK FERRARI



Boots: Nick Ferrari

Summer Fitness

Training Camps

Get in fighting shape—and learn new skills—with these pro sports camps

Surfing

KALON SURF
DOMINICAL, COSTA RICA

■ Upgrade the surf-school experience at this all-inclusive luxury surf-coaching resort on Costa Rica's Pacific coast. During a weeklong stay, you'll get five days of personalized coaching on Dominical's relaxed, reliable swell, complete with daily video analysis to help solidify new skills. From $2,740; *kalonsurf.com*

Cycling

CTS CAMP
BREVARD, NC

■ Count on famed cycling coach (and former national team cyclist) Chris Carmichael to cook up five epic days of endurance riding in the Appalachian Mountains. But this camp is about more than just climbing; intensive power meter–based coaching will give you the tools to train smarter all season long. $1,899; *trainright.com*

Trail Running

HUT RUN HUT
ASPEN TO VAIL, CO

■ Chase elite ultrarunner Dylan Bowman and friends on a six-day, 100-mile mountain-running adventure along the Continental Divide. Stop to rest each night at the remote 10th Mountain Division huts, where locally sourced meals and beer are included. Fun—not fast—is the priority here. $1,995; *hutrunhut.com*

Mountain Biking

TREK DIRT SERIES
WHISTLER, BRITISH COLUMBIA

■ Work on your bike handling and learn how to safely tackle jumps, drops, and more technical terrain in Whistler's singletrack wonderland. These weekend camps combine morning on-bike skills instruction with afternoon rides out on the trails, where you put your lessons to the test. From $175; *dirtseries.com*



Boots: DANNER

Hiking

GO FARTHER, FASTER

As the days grow longer, so can your hikes. Skip the crowded "family friendly" loop trails and challenge yourself in wilder backcountry. To get the most from your day hike—and avoid unexpected overnights—you need to have a solid plan and pack intelligently. We asked ultralight pioneer Andrew Skurka, one of the world's best-traveled hikers, how to go the distance.

1. Start early
It's not about how fast you hike; it's about how many hours you put in. Start with the sun to maximize daylight hours. Any later, and you limit how far you can go or spend all day playing catchup. (And it's hard to soak up nature at a jog.)

2. Don't overpack
Weight matters. Check the forecast a few days out, and gather your kit accordingly. Revisit the weather the night before—a one-day forecast is generally pretty accurate—and edit as necessary. Ditch the winter parka if temps will be mild; you'll get warm rather quickly walking as much as you are. You shouldn't have to carry any more than 10 pounds of gear, Skurka says. Ideally, much less.

3. Pre-hydrate
It's hard to stay hydrated when you're charging uphill under full sun, especially on exposed trails. Drink plenty of fluids—more than you're thirsty for—while you drive to the trailhead and you'll be able to maintain near-peak performance. On the trail, try to drink only to thirst.

4. Go on a diet
Don't let your stomach do the food packing. Skurka, at 6' and 160 pounds, eats about 300 calories every two hours. Older men will generally need less; young men and big men will need more.

5. Know your plan
Poor planning wastes time. Know how to reach the trailhead, be aware of tricky trail intersections, and, of course, have a good map that clearly shows your entire route (at least 1:24,000 scale). Stick to the trail whenever possible.


Clothing: BOSS
Watch: HAMILTON



How the helicopter-flying, bull-bucking, big-wave-riding, silver-screen-surfing Scott Eastwood—son of you-know-who—is playing by no one's rules but his own

It's good to be Eastwood

By Mickey Rapkin
Photographs by Peter Yang

On a breezy late-February morning, Scott Eastwood takes me on a tour of his bachelor pad outside San Diego. There's no other way to describe it, really: There's a Ford F-150 parked in the driveway, a surfboard and kayak flung haphazardly across the lawn, and a fridge full of Sierra Nevada inside. ¶ "Want a beer?" he asks. Why not? It's 11 a.m. ¶ The house, a 1978 bungalow, is a work in progress. Eastwood shows me where he and some buddies removed a wall from the living room to open the space, installing two crossbeams for support. There's now a full-size pool table where most people would put a couch. "I was looking for a beater to fix," he says. "A little beach house, you know. It was pretty compartmentalized." As we head upstairs to check out the ocean view from his bedroom, we pass a desk littered with scripts ("I get so many fucking scripts") and a hall closet open to reveal a hulking steel safe. "That's my gun safe," he says. How many guns does he own? "Ten? I don't know. A bunch of rifles and shotguns."

An expensive-looking long-sleeve T-shirt clings to Eastwood's well-built chest—the result of good genes and a four-day-a-week gym habit. He's 29 but looks older, slightly weathered, with crow's-feet already appearing around his eyes. When he smiles, he looks like a movie star. Or rather, one specific movie star: his father, Clint Eastwood. The smirk is vintage *Dirty Harry*. I glance at a dozen fishing rods resting against the wall, and he laughs. "I've got enough guy shit here to last a lifetime," he says.

"Guy shit" is Scott Eastwood's calling card. During two hours together, our conversation ricochets from topics like his personal helicopter flying lessons to harpoon fishing to what it's like to surf in Bali. It sometimes feels as if I'm talking to an endangered species: the last real man in Hollywood.

And let's face it: Eastwood, like his father before him, is perhaps the closest thing in Hollywood to a red-blooded, all-American dude. So it's no surprise he's grabbing life by the horns. In last year's World War II epic *Fury*, he played an American sergeant opposite Brad Pitt. In Eastwood's first scene, the two walk side by side surveying the field for what feels like an eternity, neither man saying a word. And the kid holds the screen just fine. In fact, you can practically see Pitt handing him the baton just out of frame. Predictably, Eastwood was approached for the lead in this year's hit film *Fifty Shades of Grey*. (He declined. More on that later.) Instead, he's going through the same rite of passage A-listers Ryan Gosling and Channing Tatum have endured: starring in a Nicholas Sparks adaptation. In the new film *The Longest Ride,* he plays a cowboy bedding an uptight co-ed. Howdy, Hollywood.

Speaking of girls, as he and I settle into his backyard Adirondack chairs and crack two Sierra Nevadas, the conversation veers toward that subject. Eastwood tells me about how he recently took a lady friend up in a helicopter—he's an amateur aviator in training—and flew her to a winery for lunch to impress her. "That's a good move," he acknowledges with an Eastwoodian squint.

Today, in fact, I'm also supposed to accompany him on a helicopter ride, but his body isn't in a condition to be jostled around violently for 90 minutes. How come? "I bucked a bull yesterday," he says, straight-faced, referring to the act of trying to stay on a raging bull's back for eight seconds during a rodeo.

I assume Eastwood's hurt himself doing last-minute reshoots for *The Longest Ride,* in which he plays a bull rider. Well, turns out I'm wrong. He was actually forbidden in the ring during filming—so while that's him kissing the girl, it's a stunt double underneath the cowboy hat, launching out of the chute and into the arena. Eastwood understands why: No studio in town would risk its lead actor by letting him try to ride a bull for eight seconds. Still, he couldn't help himself.

"I can't go promote a film and say, 'Hey, I think I know what it's like to be a bull rider' when I've never actually bucked one," he says. "I was so pissed off that Fox never let me do it, I called my buddies and said, 'Come down, I'm gonna buck a bull today.'" I ask if the professionals gave him any advice first.

He smiles: "Man the fuck up and get on the bull."

• • •

IF YOU'RE ONE OF THE 170,000 PEOPLE WHO FOLLOW SCOTT Eastwood on Instagram, you're familiar with the hashtag #Eastwoodlivin. That's his motto, and his birthright. But for a while it could very well have been #Reeveslivin.

Scott was born to Jacelyn Reeves, a flight attendant Clint met in the 1980s. A little sister followed. Scott was given his mother's name but was raised in both his mom's eventual home in Hawaii and Carmel, CA, where Clint did a turn as mayor. He says he was close with his dad growing up—still is. Only recently, they were out celebrating the $90 million opening of *American Sniper* over



sashimi, just Clint and a mess of his grown children trading childhood stories about ski trips to Sun Valley. "If you forgot your gloves or something on the way to the mountain, it was the scariest thing," Scott says. "He'd grumble loudly. He's a dad."

Though Scott would eventually go into the family business, he was intent on making his own way at every step. He first acted professionally under the name Scott Reeves but then went to college at his parents' urging, graduating from Loyola Marymount in 2008 with a degree in communications. After school he rented a house near San Diego with some buddies and made his rent by parking cars and bartending between acting gigs. "A lot of times stupid girls would say, 'Why are you tending bar? What are you doing, your dad's Clint Eastwood!' Just because my dad is Clint Eastwood doesn't mean I don't have to work for a living."

I tell him these sound like his hard-partying years. He doesn't disagree.

"It was crazy, man," he says of nights spent behind the bar at the Firehouse in San Diego. "Picking up girls was fun, working at a restaurant. The owner was a really cool guy. I'd line a couple of girls up on the bar and do some body shots. That's the tip of the iceberg. There were times where rules didn't really exist. I can't tell all the stories. I'd get in trouble."

He took the Eastwood surname, he says, not to cash in on Clint's fame but because it had become important to his dad. "I've been telling that story for 10 years," he says, declining to elaborate. (In 2009, he told *Interview,* "I think my dad always wanted me to. I just wanted to prove to myself that I could carry on his name.") But at the beginning, when Scott worked mostly in independent films and TV, Clint threw a few jobs his way, albeit after an audition. If you want to see what an Eastwood-on-Eastwood scene is like, rent *Gran Torino.* "Nice job, old man," Scott's character says at one point. Clint's answer: "Shut up, pussy."

But, wisely, the younger Eastwood took time to hone his craft. And it makes sense that he wouldn't rush it. After all, Clint didn't play Dirty Harry, his career-defining role, until he was 41, and he didn't win his first Oscar for directing until *Unforgiven* in 1993—at the age of 62. "Longevity," Scott says, anticipating the question. "Yeah, I used to tell my agency that. They'd tell me to go for these movies I wasn't interested in. Movies that would maybe give you a pop or make you famous—I don't know what that word means anymore." He declined to meet on a Miley Cyrus project, because it didn't feel "organic." He also turned down the lead role in NBC's *Chicago P.D.*, hitting the brakes over the 6½ -year commitment. "My agents, my managers—everyone was freaking out. They were pressuring me. 'You'll never have to work again!' It's so much money for them. But I don't know what I'm gonna want to be doing two years from now. How the fuck would I want to sign up for something 10 months out of the year and have to live in Chicago and do the same thing over and over again?"

This cautious approach is becoming a pattern. He turned down the chance "to test" on *Fifty Shades of Grey* (industry speak for a "camera test," the final casting hurdle). He doesn't tiptoe around the issue.

"My agents were like, 'You gotta go in,'" he says. But there was no script, and the studio "wanted full nudity. I don't know if they ended up using it, but full nudity was part of the deal. I'm not gonna say yes to something there's no script on. They were expecting actors to just say yes because of how successful the book was. That's not the game I'm in."

What he does want is fairly simple: "I want to be in great movies," he says. "I try and go out for movies I can't get." Even when it's against the advice of his team, and even when he's been told, "They don't want to see you." He put himself on tape for *Django Unchained* against his team's wishes. "A lot of times they don't want me to do what I do. But I'm like, 'Fuck you, give me the e-mail.' I'm sure I've pissed casting directors off. But they were cock-blocking me. So fuck it. I'm gonna fight for the good stuff." He didn't score a role in *Django,* but his pickiness has still paid off: He has several projects in the works in and out of the business, including starring in the Western *Diablo;* the new Oliver Stone–directed Edward Snowden biopic; and *Suicide Squad,* the comic-book-supervillain ensemble flick starring Will Smith and Jared Leto. (For his role, Eastwood is already undergoing intense physical training.) He's also replacing the late Paul Walker as the new face of Cool Water fragrance.

He talks about surfing 20-foot waves. "Conquering your fear is important for men," he says. "It calms you down."

Eastwood's bravura may anger his personal handlers, but it's also what makes him such an appealing presence, onscreen and off. When he got the call to meet director David Ayer for a possible role in *Fury,* Eastwood was shooting nights on another movie, playing a surfer-turned-marine. At 7 a.m., he drove to the casting director's office, still dressed in his fatigues, and fell asleep on the waiting room couch until someone's assistant shook him awake. "I'm in the clothes from the night before," he says, recalling the meeting. "I walk in, the first thing out of David's mouth is, 'Why the fuck are you wearing that?' I said, 'Hi, how are you? I've been up all fucking night, that's why I'm wearing this. Are you ready to do this or what?'"

He got the part. #Eastwoodlivin.

When asked what he learned from his *Fury* co-star Brad Pitt, he mentions Pitt's career choices. "He went anti-pretty boy, which is what I'm trying to do."

• • •

"YOU HUNGRY?" EASTWOOD ASKS, ITCHING TO GET OUT OF HIS HOUSE. SECONDS later we're in his truck heading for a taco shack on the beach. This begs the question: When you're a rising star, why would you live two hours from Hollywood?

It's all by design. Of the tabloids, he says: "I don't play that bullshit." Most of his pals aren't in the business. "My friends don't give a fuck if I'm in a movie or not or if I have five bucks in my pocket." He stares out at the ocean and says: "I'm trying to keep my life in peace."

As we're sipping beers and tucking into shrimp tacos, it's clear that sitting still amounts to hard work for him. He's already thinking about going to a jiu-jitsu class later that night. (He's a blue belt.) Or going fishing. "I'll take a kayak out, anchor it in the kelp beds, then free dive for sea bass or yellowtail," he says. "I always eat what I kill." Then he sums up his fitness philosophy. "Healthy body, healthy mind."

As I watch him stare out at the water, I realize he's the embodiment of the American dream, writ large—and I'd argue he's figured out something pretty important. At one point, he runs to his car to change his shirt while I use the

Grooming by Erica Sauer for The Wall Group

Continued on page 154


Clothing: BOSS
Watch: SZANTO
Sunglasses: RAY-BAN



This page:
Jacket: TOMMY HILFIGER, $349
tommy.com

Opposite page:
Hat: TOMMY BAHAMA, $55
tommybahama.com

Lighten up your look for summer's longer days, warmer nights, and beachy afternoons with these casual, durable canvas-inspired accessories. Not only are they made for the fresh air, they also pair perfectly with your favorite warm-weather staple: khakis.

PHOTOGRAPHS BY
WILSON FINN

The natural





The solar-powered Seiko watch has a 10-month (yes, *ten*) power reserve once it's fully charged.

This page:
Watch: SEIKO, $205
macys.com

Opposite page:
Shoes: IZOD, $50
zappos.com





This page:
Belt: BANANA REPUBLIC, $50
bananarepublic.com

Opposite page:
Bag: GAP, $60
gap.com



A canvas bag is stylish and versatile enough for sand or subway.



Ray Rice in exile

The most polarizing figure in professional sports, a once-beloved NFL star guilty of committing an unconscionable act of domestic violence, is quietly training for a comeback. His family has forgiven him. Many others have, too. But can any of the rest of us?

By Josh Dean
Photographs by Miller Mobley

It's a very cold winter morning in Baltimore, and Ray Rice is up early for a training session.

Heavy overnight snow has brought traffic to a standstill, so Rice travels slippery roads to reach Sweat Performance, a concrete box of a gym with Astroturf flooring and exposed ductwork in an industrial park outside the city. ¶ As pop music blares over a tinny sound system, Rice does box jumps and burpees, pulls sleds and tugs ropes, with minimal breaks, alongside his training partner, Mary Clare "M.C." McFadden, a 50-something former U.S. National Lacrosse team player who's now a strength coach at a nearby college. When Rice lags, McFadden barks. ¶ Oddly, there are no other football players in sight. ¶ Instead, the morning "boot camp" class is filled with all sorts of regular people, some quite fit, others less so. Here's a three-time Pro Bowler accustomed to state-of-the-art NFL facilities sweating to Katy Perry alongside lawyers, stay-at-home moms, and at least one grandfather. And the weirdest thing is how normal it all seems. At one point, Rice gets distracted between drills, slowing up his effort. McFadden will have none of it. She yanks his shirt. "Come on, Ray!" she yells, just inches from his face. "Focus!" The class's oldest member, a septuagenarian lawyer with bad knees, cracks a joke about Rice's form.



If you're wondering where the sports world's foremost pariah has been, the answer is here, in this gym, in this class. Over the fall and into the winter, when he had no football job to report to, this was the closest thing to a team Ray Rice could find. He came to Sweat Performance every morning, and sometimes twice a day, to be just another face in the fitness crowd.

"This is the place that got me out of the shell," Rice says at the end of the session. His suburban boot-camp classmates stop by on their way out to bid him farewell. One asks Rice about a rumor that he's leaving town for good. Rice nods, and they bump fists as the guy quietly shuffles out the door. It's a difficult thought for Rice, leaving town, because these are some of the first people he saw as he started to emerge from a self-imposed exile last fall.

"They gave me an opportunity to be me," he says, looking away. "Literally, this place saved my life."

Previous spread: Grooming by Susan Heydt/The Artist Agency using Smashbox



Former Baltimore Raven Ray Rice takes part in a public workout class at the Sweat Performance gym, outside Baltimore, in March.

YOU PROBABLY FEEL no sympathy for Ray Rice, and it's hard to blame you, since we're talking about a professional football player who punched his then-fiancée so hard in an elevator at an Atlantic City casino in early 2014 that he knocked her unconscious. We've all seen him do it, too, courtesy of the surveillance-camera footage leaked to TMZ by a hotel employee. It's impossible to watch the video—which has no sound—and not be horrified. After leveling Janay Palmer with a single blow, Rice waits calmly for the elevator doors to open, then drags her limp body into a hall, where he lays her down. He looks anything but panicked. It all goes down in such a way that you'd think he did this regularly.

Once that footage traveled the world, the outcry was immediate and intense. The NFL suspended Ray Rice for the entire season and the Baltimore Ravens voided his contract. Rice became, overnight, a global symbol of male rage, celebrity entitlement, and the NFL's extremely broken moral compass. Many people wondered—fairly, of course—why he wasn't in prison. And it's entirely possible that no NFL team will sign him again, even if he's perfectly able to play.

For many, including me, it was all the more troubling given that this was a man who had spent the first 27 years of his life assembling an impressive life story. He'd overcome personal adversity (poverty, the murder of his father) and physical limitations (he's very small for a pro football player) to become one of the best running backs in the NFL. In Baltimore he had a reputation for kindness and generosity and was widely viewed as empathetic and charitable. Rice was a homeless advocate, a relentless supporter of Baltimore's Make-A-Wish Foundation, and an especially loud voice on the subject of cyberbullying. His free football camps for low-income and special-needs kids were attended by thousands. And he visited the House of Ruth, a shelter for victims of domestic

Like a 12-stepper at a wedding, Rice openly discusses "my incident." He may as well wear a sandwich board that reads, "Hi, my name is Ray, and I hit my wife."

abuse, several times. Rice's work in the community was so widespread that he became close with Baltimore's mayor. In 2012, he was voted the city's most charitable person.

Whether you believe that the elevator episode was a freak incident, that it was a onetime loss of control that occurred at the end of a night of heavy drinking (on the evening in question, the couple had wine at dinner and then tequila afterward), or that Rice has been a monster all along, the result is equally unsettling. Because if Ray Rice really is the good guy he seems to be, how can we possibly make sense of this unconscionable act?

WHILE IT'S TRUE that domestic abuse is typically a pattern of behavior, catastrophic lapses in character do occur. And football players might have shorter fuses than the rest of us. "If your whole life you're trained to be aggressive, other things tend to come with that," says Jonathan Fader, a leading sports psychologist who works with professional athletes (though not Rice). "Their job is to be aggressive."

It's a question I struggled with before meeting Rice. I'd admired him since his college days, when he was the humble star on a wildly overachieving Rutgers team, and enjoyed watching him play on Sundays in the NFL, when my nephew would—at least until last September—proudly sport his purple Rice jersey on game days. But like everyone else, I'd seen the video, and my opinion of him was turned upside down. Then I went to visit him.

The first thing you notice about Ray Rice in person is his size. He's surprisingly small, compact even, and disarmingly *normal,* which explains how he can so easily melt into a crowd of average-looking civilians. He's soft-spoken and playful: He undercuts the tension of facing the first journalist in months by preempting any pretense of our meeting. "I needed to wear something bright," he says, in reference to a garish, neon-accented track suit. "I've had enough darkness lately." Janay was there and so was his 2-year-old daughter, Rayven. When I ask about the neon shoes Rice is lacing, he says he's "trying out some Under Armours," then adds, quietly, almost embarrassed, "I'm not a Nike guy anymore."

When I get home that night and confess to my wife that I find Ray Rice likable, that he comes off genuinely nice and contrite-seeming—and that I find it much harder to view him as a monster after I see him in the flesh with his family, as opposed to scrolling on tape, an image behind angry talking heads—she looks at me sideways. Her reply: "That could be true. I believe in second chances. But abusers often come off as nice and swear their crimes are outliers."

Of course, that description applies to Ray Rice, too.

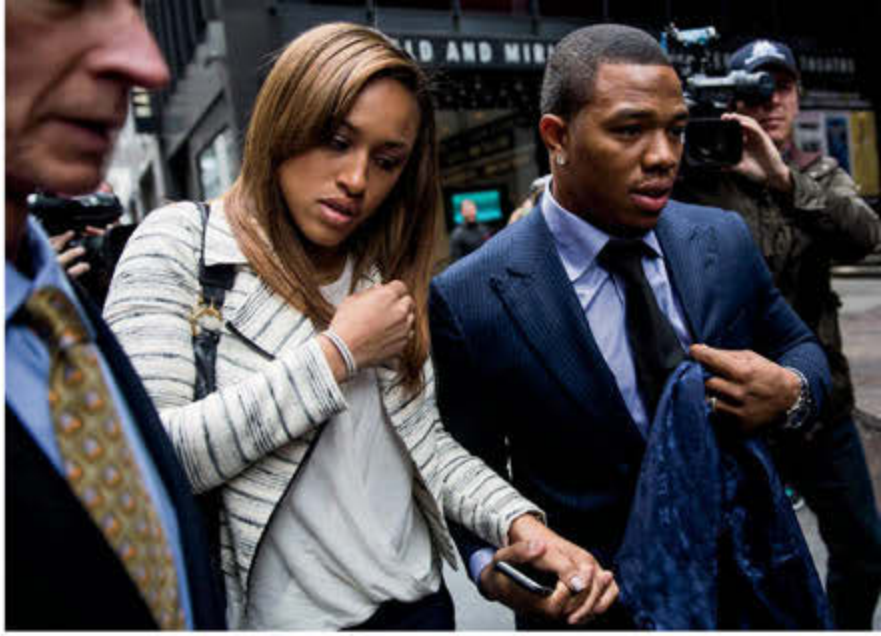
"They don't know me," Rice says about the critics who'd never seen his name before the footage surfaced. "You can speak to any person and you won't find one blemish on my life but this one."

Rice won't discuss the elevator incident in detail, but he states unequivocally that it was the lone incident of domestic violence in his relationship. "Do me and my wife argue?" he says. "Who doesn't have a disagreement with their significant other? If [my behavior over time] was that serious, my wife wouldn't be my wife. She would have left." Whatever the truth, Rice says he accepts that "the worst 30 seconds of my life" will haunt him forever and that the scorn heaped upon him for it is warranted. "I got publicly crucified, and I deserved it," he says.



Ray Rice is sorry. He'll say it even if you don't ask him about it. Like a 12-stepper at a wedding, Rice openly discusses "my incident" or "my awful mistake" to the extent that he may as well wear a sandwich board that reads, "Hi, my name is Ray, and I hit my wife."

At first, I assumed he was just following a crisis-management playbook. But that instinct was fleeting. The truth is that, after several days in Ray Rice's company, I found him to be believable, and the fact that I feel guilty about it has nothing to do with any lingering doubts about his character. It's because of those ghastly newsreel images of him in the elevator, the case's incredible weight, and the intense societal pressure to hate Ray Rice in perpetuity—or at least as long as he continues to want to play



Rice and his wife, Janay, whom he knocked unconscious in an Atlantic City casino elevator in February 2014, photographed outside his NFL suspension appeals hearing in New York City last August.

football. I can't help but wonder: If his own wife can forgive him, and the old lawyer who sees him at the gym every day can forgive him, if the accomplished mother who trains alongside him every Thursday can forgive him, should it be so impossible for the rest of us?

AFTER HE SET HIS LIFE on fire, Ray Rice actually had two options. He could hole up, hide out, and vanish, a tarnished figure who would eventually fade away; or he could step right out into the maelstrom and begin to rehabilitate himself. At first, he did the former. For days after the video went public, Rice didn't even leave the bedroom of his suburban mansion. He was wallowing, a broken man who'd lost his job, his sponsors, his reputation, his pride, and—in all likelihood—the career that had defined him and made him very rich. "I was on the brink of—I didn't know whether it was worth living anymore," he tells me after the boot camp, his voice nearly a whisper. "I see why people commit suicide." I couldn't tell if Rice meant that he actually considered killing himself; what was apparent was that he at least reached a point where the option made some sense to him. "I got low," he continues. "Nobody knows how low I got. When you're that low, if you don't have the right people around you, you'll call it quits on life." Rice credits his wife, who has publicly backed him throughout the crisis, and young daughter for pulling him out of this emotional abyss. "I couldn't quit on them," he says. "The two people who love the mess out of me are sitting there, like, 'OK, what are we going to do next?'"

Rice also credits his trainers—specifically, two from Sweat Performance who helped pull him out of that hole. One of them is Courtney Greene, a retired NFL safety who's been Rice's friend since childhood and who was running the Thursday-morning boot camp. He and gym owner Kyle Jakobe began texting Rice immediately after the tape hit the media, and when Rice ignored them, they drove to his house. "They kept asking, 'When are we gonna work out?'" Rice says. "I was like, 'Work out? What are we working out for? Do you not see what's happening?'"

Ultimately, Greene and Jakobe persuaded Rice to come back to the gym after hours, sometimes as late as 10 or 11 p.m. because he was afraid to see anyone. Slowly, as he got more comfortable, he began to go in during more normal hours and was surprised to see he wasn't universally despised. "After a while, it became normal," he says. "I think that was the best thing—just to see the outside again. [Here] I had more people for me than against me." He glances at the gym, where his classmates are cooling down. "These are the first people I dealt with."

Mike Kimball, Jakobe's business partner, says that nearly everyone at the gym embraced Rice immediately; David Kuryk, the attorney who'd earlier goaded him in class, backs that up. "Everybody here feels the pain," he says. "During the darkest times, he came to work out, and it was support for him."

Before Rice's first class after the incident, he was clearly nervous, Mary Clare McFadden recalls. He called the group over and asked to speak. "He said the one thing he knew was that he could come here and no one was going to judge him," she says.

Another evening, Rice was in the gym when a class of local high school football players came in to work out with Jakobe. Rice asked if he could speak to the kids before they got started. He talked to them about accountability and owning mistakes, and the impact was clear, Jakobe tells me. "Here's one of the most dynamic running backs ever, who made this catastrophic mistake, talking to teenagers in the most vulnerable period of their lives about how one mistake can bring your life down."

When ESPN's *Outside the Lines* published a long and excellent tick-tock of the controversy around Rice's case, and the NFL's fumbling of the matter—it reported that Ravens execs had tried to keep the elevator footage under wraps, the NFL had failed to properly investigate the incident, and Rice had come clean about his behavior from the very beginning—Jakobe was quoted in support of his friend. The comments got him and his gym some criticism. "These weren't necessarily good reflections on the business," he says. "Not all publicity is good publicity." Still, he has no regrets. "It was cool to see: Here's a guy beaten up so badly in the media, and our people were loving him. I was very proud of our gym for that. It gave him stability in an insanely unstable situation."

AFTER RICE WAS banned from the NFL and indicted on assault charges last year, he agreed to a deal that allowed him to avoid trial. Instead, he entered a "diversionary program" of therapy and anger management with the agreement that, if he avoided trouble for a year, the charges would be wiped from his record in May. Rice was free to discontinue the treatment after fulfilling the court's requirements, but he didn't. After seeing that therapist weekly for many months, he's still visiting on an ongoing basis and says the process "stripped me to my core." Without what he calls the "umbrella" of football, which always gave him cover from his problems ("There was always a practice to go to or a game to prepare for"), Rice was able to open up about his troubled childhood, which saw the murder of his father when he was just a year old, and the loss of his adolescence because he was forced to help his single mother raise and support his young siblings. "I came out of therapy feeling better, feeling free," he says. "That's not excusing my mistake, but I think it's a blessing in disguise that the most prominent thing in my life got taken away."

In November, a federal judge overturned the indefinite suspension given to Rice by the NFL, ruling that he never lied or

Continued on page 152

Andrew Burton/Getty Images

Will the

As a health tool, the tech giant's newest offering may be by far its most revolutionary product ever, with a potential for transforming lives that's years ahead of its time

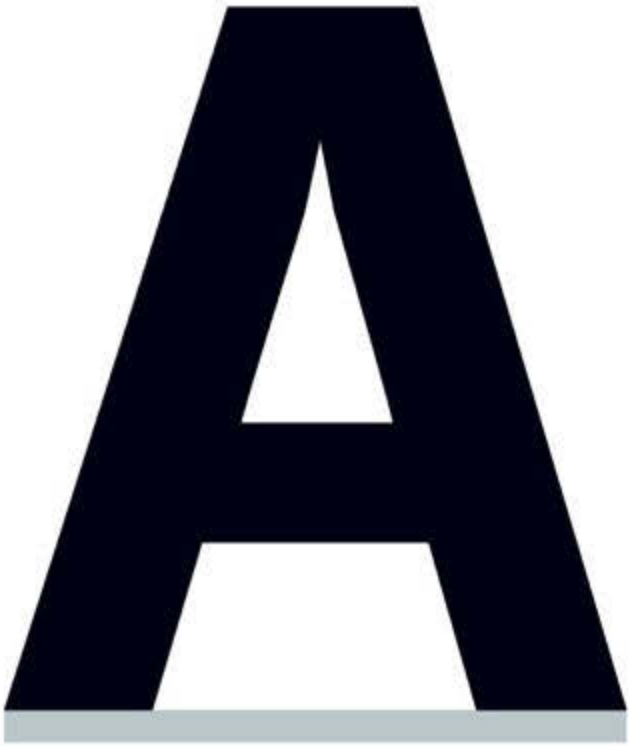


save your life?

Apple Watch



By Tyler Graham



A top-secret "modern Manhattan Project"

In July 2013, Jay Blahnik, one of the most visible and successful fitness coaches in the world, suddenly disappeared.

At the time, the trainer and author had been consulting with Nike on its Nike+ FuelBand and Nike+ Kinect Training products, working with companies like Gatorade, Nautilus, Bowflex, and Equinox, and traveling 40 weeks a year to preach the gospel of wellness on the conference circuit. Yet all of a sudden he'd gone off the radar—no events, no book signings, no media appearances, nothing. The website 9to5Mac, which obsessively covers everything Apple, noticed it first, and the tech and fitness worlds were soon abuzz with gossip. But it didn't take long for everyone to discover that no tragedy had befallen Blahnik. He was just fine.

He'd simply disappeared into the temple of Apple.

A month later, with Blahnik now keeping a monklike silence, Apple scooped up Nike design director Ben Shaffer, who'd headed Innovation Kitchen, where the FuelBand had been developed. Then they hired Nancy Dougherty, a hardware engineer from a secretive start-up called Sano Intelligence, which hasn't yet brought a product to market but is reportedly working on a sensor to measure things like blood sugar, a potentially lifesaving tool for diabetics; and potassium levels, which help regulate blood pressure. Soon after, two of the brightest minds at a similar firm, Vital Connect, bioengineer Alexander Chan and former biosensor tech VP Ravi Narasimhan, were hoovered up by Apple, too. Vital Connect had already released a next-generation, FDA-approved sensor called HealthPatch, which measures heart rate, body temperature, respiratory rate, sleep stages, posture, steps taken—even the impact of a fall—with a wireless patch that's the size of a large Band-Aid and fits under a T-shirt.

And Apple was just getting started. Next they grabbed Michael O'Reilly, M.D., chief medical officer at Masimo, the world's top maker of "pulse oximetry" sensors, which noninvasively measure the amount of oxygen in the blood—a metric that's particularly important for people with heart problems or sleep disorders, and also helpful to endurance and alpine athletes. By February of last year, Apple had hired a giant of sleep research, Roy J.E.M. Raymann, Ph.D., who founded the Philips Sleep Experience Laboratory, where sleep disorders are treated with nonpharmacological solutions like light therapy and sleep masks. Once hired, they all went officially dark.

Not since the Manhattan Project of the 1940s, when J. Robert Oppenheimer recruited the world's most brilliant theoretical physicists to devise the first atomic bomb, had such a scientific dream team been assembled in such secrecy. And though it was widely assumed that Apple's new hires were brought on to work on the long-anticipated Apple Watch—the company's first step into the $2.2 billion fitness-tracker industry—the Apple team actually had much more in mind than counting steps, tracking calories, or measuring heartbeats (or, for that matter, telling time).

Instead, the true goal of the Apple team, according to the insiders we spoke to, has always been nothing less than the holy grail of advanced body tracking: a wearable system that's so evolved—a "moonshot" in terms of technology—that it would revolutionize the entire health-care industry as we know it, just as Apple revolutionized the music business with the iPod and iTunes and changed the daily life of millions with the iPhone.

What the Apple Watch can do right now

When you strip away all the bells and whistles—the rose-gold casings; the multitude of digital watch faces; the apps that let you open your garage door remotely, view the lyrics to a song that's playing near you, and send your doodles of flowers to friends and your heartbeat to lovers—and view the Watch purely as a fitness tracker, it may seem underwhelming. So far, the Apple Watch isn't a giant technological leap forward. It has two built-in wellness apps: Activity, which tracks your daily steps and tells you when you've been sitting too long, and Workout, which tracks your calories and time as you exercise. Hardware-wise, it has an accelerometer to track steps, GPS capability for monitoring distance traveled, and a proprietary algorithm to estimate how many calories you've burned—all of which exist on other currently available wearables.

It also has a fairly healthy (for a standard smartwatch) 18-hour battery life—unless you use it heavily and take advantage of its fitness capabilities often, in which case it gives you maybe three hours. You can blame the powerful processor and battery-sucking interface, but that's what comes with the territory when using technology like cutting-edge biosensors and high-quality AMOLED (active-matrix organic light-emitting diode) touchscreens, which last only a little longer than the OLED touchscreens on, say, LG's Android Wear watches.

One might be tempted to say the Apple Watch is nothing but established technology in a fancy case. Indeed, after the March unveiling event, *Wired* called the device "fairly basic" in terms of health tracking. Gizmodo's Mario Aguilar compared the Watch to the first-generation iPhone, which had no 3G, front-facing camera, or even an app store. He encouraged people to wait for Apple Watch 2.0. Commentators noted that Apple CEO Tim Cook spent as much time during his address touting the watch's Mickey Mouse watch face and its basic phone capabilities—such as taking a call or ordering an Uber cab—as he did about its fitness features. Aguilar summed up Cook's presentation as an "empty spectacle."

But the reality is that the Apple Watch (which officially went



on sale April 24) does, in fact, have something cutting-edge up its technological sleeve—a capability that, provided the Watch works as it's designed to, distinguishes it from everything else on the market.

It measures your heart rate with unprecedented accuracy

For all of the dizzying number of wristband-style wearables on the market claiming to measure your heart rate accurately, you'd be forgiven for thinking that the technology for doing so is fairly basic, entry-level stuff. But how wrong you'd be.

"If the Apple Watch accurately measures heart rate, that will be a huge deal," says Steven LeBoeuf, Ph.D., president of Valencell, a firm that advises tech companies on their health trackers. "The wrist is a notoriously bad place to measure biometrics. When you move your arm, devices count extra activity, and the wrist is full of tissue that makes reading things like heart rate very difficult."

For this reason, much of the current tracker market gets low marks in the heart-rate department. "I think a lot of companies just wanted to get a device to market quickly," LeBoeuf says. "You wouldn't believe how many of them just test something on maybe four people around the office and then go to launch."

That's a big flaw when you consider how important accurately tracking your heart rate can be, whether you're training for endurance or just concerned about your general health. For example: The resting heart rate for a healthy guy should be around 70 beats per minute or less. If you measure your heart rate every morning and then one day it's up 10 beats or more over your average, that means you haven't fully recovered from your last workout and should take an easy day or a rest day. And if you're training for a 10K race, marathon, triathlon, or other contest, you need to know your heart rate at various intervals to get the optimal training effect from your workouts. If your heart rate's too high for too long, you could overtrain; if it's too low, it could hold back your progress.

So if the Apple Watch's new optical sensors that use LED light and infrared technology to detect your pulse are all they're cracked up to be, it's groundbreaking. Top Apple analyst Mark Gurman, of 9to5Mac, is betting that's the case: "Apple wouldn't tout it if it weren't ready."

It harnesses the power of the entire Apple universe

The heart-rate wrist sensor is the first-generation Apple Watch's biggest out-of-the-box breakthrough, but it's not its only selling point. Unlike other fitness trackers, the Apple Watch won't be working alone. It's tightly connected to the iPhone and, more important, the larger ecosystem of iOS wellness apps that, used together, put all your basic health vitals—steps, calories, heart rate, blood glucose (if you use a monitor), weight, BMI, and even how much caffeine you've had today—in one central hub so you can get a full picture of your health and body.

In the past year or so, iOS wellness apps have sought to bring all of a user's health needs to their iPhones, where they have easy access to a deeper accounting of their health statistics and can make informed lifestyle decisions. For example, the Amwell app, which has been used more than 30 million times, allows patients to meet with their doctors face-to-face over the iPhone for a video consultation. Now, with the Apple Watch, the doctors who use Amwell—and thus the larger Apple ecosystem—will have access to

how often their patients move during the day, the steps they take, their heart rate, plus how much and how intensely they exercise.

And workout app FitStar, which can guide you through workouts and personal training sessions on the iPhone, will release a new version later this year that utilizes the Watch's heart-rate monitor to provide real-time feedback as you exercise, notifying you when you need to speed up, slow down, or adjust your workout depending on the signals it receives from your heart.

What it could do in the future

Beyond that, devices are being designed that, in the best-case scenario, will be able to be implanted in the body to measure just about every human function accurately, painlessly, and in real time—then transmit that information to the Apple Watch and iPhone health apps for instant, accurate monitoring. Apple's open API (application programming interface, or the tools to create apps) makes it possible for programmers to create tools for the device that could revolutionize our health.

As of this writing, CoheroHealth is working on an app for asthmatics to track their lung function; Sano Intelligence's sensor-laden patch will monitor a wearer's blood panel—with readings for kidney function, potassium levels, and electrolyte balance.

And in Apple's own house, at its event in March, Cook announced the launch of ResearchKit, an open-source platform for groundbreaking clinical studies. One app can test for Parkinson's disease by measuring minute changes in the way we hold our phones or nearly inaudible shifts in the pitch of our voices. In the first 24 hours, more than 5,500 patients signed up—no small feat, given that more traditional studies of this nature are conducted with far fewer subjects and cost millions of dollars to complete. Granted, ResearchKit's functionality is, at the moment, exclusive to iPhone, but that will very likely change as the Watch's technology improves. "Many of the biological sensors Apple is working on right now aren't yet ready for prime time. But as they get smaller and more accurate, you'll see the Watch become integrated into [Apple's health-minded ecosystem]," says 9to5Mac's Mark Gurman.

Then there's the most elusive prize: noninvasive glucose testing.

Glucose is the clinical term for blood sugar, and there's probably no better single indicator of your body's state of health at any given time than your blood-sugar level. For diabetics, of course, knowing blood sugar is a matter of life and death. Because they must prick their skin for blood samples several times a day, such a device would be a game changer. A recent study in the *Journal of the American Medical Association* found that diabetics who check glucose more often live longer. The 30-year study reported that people who strictly controlled their diabetes with injectable insulin for the first seven years after diagnosis had a 33% reduction in deaths compared with those whose diabetes was not as well-controlled.

But even for average folks, knowing glucose levels could profoundly alter their diet and fitness routines (see sidebar, left). Credit Suisse recently estimated that up to 40% of our health-care costs are directly related to overconsumption of sugar and the havoc it wreaks on our bodies. When your blood sugar spikes too high, the body stores the extra energy as fat, which creates a cascading set of problems, even for those who aren't (yet) overweight, let alone diabetic. Real-time glucose monitoring—and keeping your blood sugar low by adjusting your diet and exercise—could help you control your weight and reduce your risk of heart disease, type-2 diabetes, many cancers, Alzheimer's disease, and a host of other illnesses.

Unfortunately, right now, the only way to monitor glucose is to do so "invasively"—by pricking a needle into the skin or inserting a small sensor under the skin that communicates with a device worn on the body. But according to several Silicon Valley experts, Apple has its sights set on changing this. One of the chief goals of Apple's Manhattan Project is, in fact, a noninvasive glucose monitor for future generations of the Apple Watch.

"Noninvasive glucose is the 'cold fusion' of health tracking," says LeBoeuf of Valencell, who believes we're several years off from mass-producing such a technology. The invention process is so difficult because glucose is colorless, even under infrared light, and its concentration varies in different tissue. Plus, the amount of glucose in one's system at any given time is tiny, about five grams—the same as a packet of sugar at the coffee shop.



Me and My Glucose: A Love Letter from the Future

Apple is one of several tech firms racing to create the first-ever blood-glucose monitor that doesn't require you to prick the skin and draw blood, widely considered the "game changer" of health monitoring. Our correspondent spent a week with the next best thing: a minimally invasive Dexcom sub-dermal implant about the width of a human hair that allowed him to see his blood sugar in real time. Here are three things he learned from living his life with up-to-the-minute access to his blood sugar.

1) **A bad breakfast is worse than no breakfast**
Admittedly, I'm not usually a breakfast eater. I normally have just coffee, and I'm good to go until the early afternoon. But to test-run the Dexcom, I decided to try a typical breakfast of a bagel and orange juice. My normal blood sugar is in the 70s (healthy), and after the meal it rocketed up to 160 (prediabetic territory) in an hour. On the mornings I ate lighter stuff, like fruit, I still saw a substantial sugary spike.

2) **My mood fluctuated with my sugar**
Even when I drank a Naked Green Machine smoothie—something supposedly healthy—my blood glucose jumped to 130 within an hour, and I immediately got a headache. Most people think of soda as Enemy No. 1 when it comes to obesity, diabetes, and heart disease. But my monitor didn't lie, and neither did my headache. I could see in real time why I felt shitty.

3) **Exercise is the wonder drug for cheat meals**
Working out may be good for controlling blood sugar, but the way it affects your blood sugar when you eat terrible foods like pizza or a burger and fries is life altering. Each day that I ate badly but intensely exercised, I still couldn't get my blood sugar to the highs it reached on days I ate junk but didn't work out. In other words, the device showed that working out allows you to cheat a little with your diet. –T.G.



So it's no surprise that, as a biomarker, it's nearly invisible from outside the body.

Not surprisingly, Apple isn't the first or only company trying to develop a method of noninvasive testing. John Smith, the former chief scientific officer of Johnson & Johnson's LifeScan, has spent decades on it and chronicled his journey in a book called *Hunting the Deceitful Turkey*. Smith writes that, in 30-plus years, more than 100 research groups have spent hundreds of millions of dollars trying to create a glucose monitor, yet not one has managed to get a single product to market.

"It's not, perhaps, as difficult or fraught with problems as realizing time travel or finding the final 'grand unifying theory' of physics," he writes, "but it's all the more tantalizing because it seemed for decades that the solution was always 'just around the corner' or, at most, 'just over the horizon.' " Smith recalls a certain venture capitalist who sent him a bottle of Irish whiskey after reading his book as a thank-you for stopping him from making a terrible investment.

The truth is that no one knows what a working noninvasive glucose monitor will look like. So far, researchers have tried and failed with pulse oximetry, nuclear magnetic resonance, microwave spectroscopy, optical coherence tomography—all sensors that have failed to work through the skin. Last year, Google announced it was developing a contact lens that could monitor glucose with a probe on the eyeball itself.

Hardware-wise, the first-generation Apple Watch contains an accelerometer to track steps, GPS to monitor distance traveled, and an LED heart-rate monitor.

In terms of technology, one of the leading contenders right now is based in Israel. Zeev Zalevsky, Ph.D., a researcher at Bar-Ilan University in Ramat Gan, is testing a version that uses a laser and an electromagnetic field to measure glucose through the arm.

"Our clinical trials show that we're within a 15% margin of error," he says. "The device is small enough to fit into a watch, but we still need to get more accurate. Our problem at this point is funding." Of course, that's a problem that Apple, with a cash reserve of $178 billion, doesn't share.

"Let's face it: It's no secret that Apple has acquired a huge team of medical researchers to solve this," adds Gurman, "and with their resources you can be sure they'll be at the forefront of this technology." In March, *Good Morning America* gained access to Apple's secret fitness laboratory where, over the last two years, engineers have been wiring test subjects with millions of dollars of tracking hardware and putting them through varying degrees of exercise, from yoga to running to rowing. They're also monitoring their bodies' responses to outside forces such as changes in temperature and humidity.

"[All of this has] allowed us to learn, 'How do we measure calorie burn?' 'Where does exercise actually start?' " said Jay Blahnik, now back in circulation pre-Watch launch, in a rare interview. He didn't mention heart rate specifically, but Blahnik noted in a leaked memo obtained by 9to5Mac earlier in the year that the health research Apple has already conducted is nothing less than historic. He claims that it has "studied more people, in more conditions, than most university research has ever done."

Dexcom, a company based in San Diego, has actually come closest to achieving the noninvasive blood-monitoring moonshot. They've developed an FDA-approved injectable platinum implant the width of a human hair that can monitor blood sugar continuously but must be replaced weekly—and it's going to sync with the Apple Watch.

"The wrist may not be the perfect place for an activity tracker, but it is the perfect place to monitor glucose because it's discreet," says Jorge Valdes, the company's chief technical officer. "Traditional monitoring equipment is bulky, and people don't want everyone to know they have diabetes." Valdes' team is launching an app for the Watch that lets users see their blood sugar in real time. They'll still need to draw blood every 12 hours to maintain the implant's calibration, but it's a gigantic leap forward.

Whatever the blood-glucose monitor looks like, experts say it will inevitably open the floodgates for a whole new world of blood-based analysis. WellnessFX, a company based in San Francisco, predicted this world of Big Blood in 2011 and started offering advanced analytics by connecting patients with doctors who make high-level recommendations based on standard blood tests.

"People can see what nutrients they're missing, then fix their diet and see how that impacts their results," says Christine Keating, WellnessFX's VP of customer experience. She says that fringe biohackers and Paleo enthusiasts became early adopters, but now that the service is available in 44 states, it's primed to go mainstream. WellnessFX hasn't yet partnered with any fitness tracker, she says, because "there are so many on the landscape," and the technology just isn't quite there yet.

Then she adds: "Our engineers are waiting for one device to rise above the noise."

Stay tuned. ■



■ KEEP THESE 12 FOODS ON YOUR GROCERY SHOPPING LIST, AND YOU'LL ALWAYS HAVE AN ARRAY OF SIMPLE, SURPRISINGLY TASTY, AND IMPRESSIVELY CREATIVE MEALS RIGHT AT YOUR FINGERTIPS

BY WILL COCKRELL
PHOTOGRAPHS BY TRAVIS RATHBONE

The indispensable dozen

THE SMART CART

With just these 12 foods (and a few pantry staples), easy, delicious, and creative meals can be yours. For more facts about each—and surprising ways to use them—see the following pages.

1) Whole chicken
2) Sweet potatoes
3) Quinoa
4) Apples
5) Tri-tip steak
6) Canned sardines
7) Italian parsley
8) Eggs
9) Kale
10) Gruyère cheese
11) Avocado
12) Scallions

Imagine being able to cut your grocery shopping time in half and still eat like a king. You can—and it's easier than you think. ¶ You see, complicated meals don't necessarily taste any better than simple ones. And even though buying the same 12 ingredients every time you shop may sound boring, what you cook with them doesn't need to taste that way. ¶ Take it from two of the best chefs in America, Quinn Hatfield and Daniel Humm, who are leading the way in the kind of fresh, simple cooking that will transform your kitchen repertoire. "To eat well, you need to cook for yourself," Humm says. "The more complicated you make it, the less likely you'll do it." ¶ He and Hatfield are just like the rest of us: short on time but all too aware of how important it is to be able to fuel up quickly after a workout, as well as take it slow and make something great for a date. And repetition is key: "The way I stock my own fridge is highly repetitive," Hatfield says. "But men love go-to dishes we know how to make well." ¶ Here, our megachefs' ultimate grocery list and five powerful yet simple dishes that'll keep you covered for years to come.

OUR CHEFS



Quinn Hatfield

■ Hatfield owns one of L.A.'s best new lunch spots, Sycamore Kitchen, and has just opened a new restaurant, Odys + Penelope, a churrasco-style place where fire reigns supreme and meat is taken to the next level. Hatfield, a longtime athlete, still competes in track cycling.



Daniel Humm

■ Humm, the executive chef and co-owner of NYC's Eleven Madison Park and NoMad (the former has three Michelin stars, the latter, one), is a former pro bike racer and endurance-sport junkie who runs when he's not stuck in the kitchen.

ROASTED CHICKEN BREAST WITH SWEET POTATO GRATIN

SERVES: 2

Most chefs agree that the trickiest thing about cooking a whole chicken is getting the breast just right without overcooking the legs and wings. To solve that problem, Hatfield likes to cook his whole chickens in a small pot. "I have one that the bird fits sort of snug in," he explains. "The breast ends up way up at the top of this pot, so there's enough heat on it for it to get a nice rendering on the skin. And then the juice goes to the bottom, where it gets a little steamier, and that helps cook the legs."





Bird feeder. *Buying and cooking a whole chicken means you'll have the makings of more than one meal—a real time-saver.*

1

WHOLE CHICKEN

By learning how to roast a whole chicken instead of always doing individual breasts, you'll end up with either an impressive meal for a group or more than one meal for yourself. "I always go whole bird—I like the fattier dark meat," Hatfield says. "But the truth is, I often just pick up one of those prebrined chickens from Trader Joe's. I'll roast it up and do chicken breasts for dinner, then I've got that dark meat—chicken legs and the rest—for lunch."

2

SWEET POTATOES

Hatfield considers sweet potatoes a superfood. Unlike regular potatoes, they sit on the right end of the glycemic index, they're filling, and they can be made in bulk to be used throughout the week. "I buy bags of them, roast them whole, skin on, then keep a bunch in the fridge and just heat them up later," he says. "They pack a lot of punch nutritionally—a lot of vitamin C and minerals—and are a solid fuel source for an athlete."

INGREDIENTS

- 1 whole chicken
- Olive oil
- 2 large sweet potatoes (about 16 oz)
- 4 oz butter
- Kosher salt, to taste
- 1 oz grated Gruyère
- 2 handful ripped kale
- Red-wine vinegar and pepper, to taste
- A few avocado slices

DIRECTIONS

1) Preheat oven to 425°F. Pat chicken dry and rub with olive oil. Add 12 oz water to a high-sided pot the bird will fit snugly in; tuck the wings underneath to raise the breast.
2) Place pot on a burner until water boils, then put in oven for about 90 minutes, or until internal temperature of chicken reads 165°. Remove from oven; let rest for 15 minutes.
3) Peel sweet potatoes and slice to about 1/16 inch. (A mandoline is especially useful for this.)
4) Melt butter in a large sauté pan, then add a third of the potato slices. Season with salt, add another third, season, and add the last third and season.
5) Place pan in oven and cook 15 minutes. Remove and use a spatula to flip the gratin over in sections. (Don't worry if it falls apart a bit.) Return to oven for 5 minutes, or until potatoes are soft.
6) Sprinkle Gruyère on top and return to oven for a minute to melt it.
7) Place gratin on plates. Remove breasts from chicken, slice, and place on top of gratin.
8) Toss kale with oil, vinegar, salt, pepper, and avocado for a salad.

BONUS TIP

When the chicken is finished cooking, Hatfield pulls the breasts off for this dish, then, after it cools, he pulls the rest of the meat off the bone and uses it for a chicken salad with mayo, scallion, avocado, diced-up hard-boiled egg, and apple.

Previous spread: Hatfield: Dylan and Jeni: Humm; Francesco Tonelli

Food styling by Michelle Gatton/Stockland Martel;



ROASTED TRI-TIP STEAK WITH HERB SAUCE & SCALLION QUINOA

SERVES: 2

Nothing beats the grill for cooking steak, but you can just as easily roast a tri-tip, Hatfield says. "I use a little roasting pan with a rack. I pat the tri-tip dry, rub it with a little olive oil or a rub, salt and pepper, then put it in the oven. Roasting will still give it great color."

INGREDIENTS

- 1 bunch Italian parsley (about 1 oz), big stems removed, roughly chopped
- 10 tbsp extra-virgin olive oil
- 2 tsp red-wine vinegar
- 2 large eggs, hard-boiled and grated
- Kosher salt and freshly ground pepper, to taste
- 2 cups cooked quinoa
- 2 oz butter, separated
- 2 oz whites of scallion, thinly sliced (about 6 scallions' worth)
- 1 tri-tip steak

DIRECTIONS

1) Preheat oven to 425°F.
2) To make sauce, mix parsley, oil, vinegar, eggs, salt, and pepper.
3) Cook quinoa per package instructions.
4) Place 1 oz butter in a sauté pan over low heat; add scallions and cook gently. When totally cooked, add quinoa and a splash of water. Mix and warm through. Season with salt and pepper.
5) Rub steak with a little olive oil, then season well with salt and pepper.
6) Put steak in a pan with a rack and cook in oven for about an hour, or until the center reads 130° on a meat thermometer. (Cooking time will depend on preference and the size of the cut.)
7) Remove from oven; let cool, uncovered, for 15 minutes, then loosely cover with foil and let rest for another 15 minutes.
8) Scoop quinoa into the center of two plates. Slice the steak ¼-inch thick and lay over quinoa. Drizzle sauce on top and around.

3 QUINOA

It cooks just like rice, but our chefs like quinoa because it contains complete protein (usually found only in animal foods) and is more versatile. Quinoa is technically a seed—Hatfield describes it as having a "rich, roasted nutty flavor and an interesting texture when cooked right." It works well with meat and in a hearty salad.

4 APPLE

Hatfield and Humm love apples as a snack in and of themselves but also use them as a high-impact ingredient in salads. "Always have apples on hand," Hatfield insists. "I especially love crisp red apples with a good balance of sweet and tart." But the chefs also like varieties such as Braeburn, Pink Lady, Fuji, and Honeycrisp.



Core value. *Keep apples on hand to add a real gourmet touch to meals.*

5 TRI-TIP STEAK

Skirt steak is good if you're in a hurry, but our chefs say that a killer two-pound tri-tip—a cut that's as flavorful as rib-eye but not nearly as expensive—is the way to go for a meal that feels more like an event. Plus, it yields great leftover options for salads or sandwiches. "When I'm thinking big picture, I do tri-tips," Hatfield says. "I'll end up roasting a couple at once." Humm suggests finding a butcher who will Cryovac-seal them: "The great thing about steak is it can hold for about two weeks in your refrigerator when it's vacuum-sealed. It's better than freezing it, and it actually benefits the beef because it gets more tender—it's basically wet aging."



QUINOA SALAD WITH SARDINES & KALE

SERVES: 2

"I don't eat that much meat," Humm says, explaining the appeal of this hearty-but-veggie-centric salad. "I focus a lot on vegetables, which I think are more interesting and exciting—fresh ingredients, healthy foods."

INGREDIENTS

- Kosher salt
- ½ cup quinoa
- 2 scallions, thinly sliced
- Olive oil
- Lemon and zest
- 1 egg
- ½ bunch kale, thinly sliced
- ½ avocado, halved and pitted
- Sea salt
- 16 oil-packed sardine fillets
- 2 Italian parsley sprigs

DIRECTIONS

1) Bring 3 quarts water to a simmer and season to taste with 3 tbsp kosher salt. Add quinoa and simmer until tender, about 40 minutes. Drain quinoa and rinse with cold water.
2) In a bowl, mix quinoa with scallions. Add 1 tbsp olive oil, 1½ tsp lemon juice, and 1¼ tsp kosher salt; stir.
3) Bring 2 quarts water to simmer and season to taste with 1½ tbsp kosher salt. Gently lower egg into water; simmer 10 minutes. Drain egg; cover with ice water. When cold, peel and slice in half.
4) Place kale in a bowl and massage with hands till slightly wilted. Season with 1 tsp lemon juice, zest of ½ lemon (using a microplane), and ¼ tsp kosher salt.
5) Scoop out flesh of avocado half and cut into 2 wedges. Carefully season each wedge with olive oil and sea salt.
6) Divide sardine fillets and avocado wedges on two plates. Spoon quinoa salad onto plates. Add kale salad, near quinoa. Place an egg half on each plate. Top with parsley.

BONUS TIP

For a salad like this, Humm says, you can combine any number of foods on your shopping list—swap the sardines for steak, for example, or add apple slices—to create a meal that's perfect for when you get home after a long day. You want something that can be easily thrown together but is also filling and full of flavor.

6

CANNED SARDINES

Canned fish—tuna, mackerel, salmon, sardines—isn't just handy, it also has one of the best protein-to-weight ratios of any food. "Smaller, oily fish like sardines are better than tuna because they have more omega-3s and less mercury," Humm says. "But you can use sardines—I like the brand Ortiz—exactly the same way, on salads, or like with a charcuterie platter, with a little toast or crackers." Hatfield calls canned sardines an "emergency meal"—the perfect snack after a workout.

The Perfect Pantry

Here are nine essentials that should always have a place in your kitchen

COOKING OILS
Our chefs agree that you need two cooking oils on hand at all times: a high-heat oil like canola for sautéing and frying and an olive oil as a dressing or seasoning. (Using olive oil with high heat can ruin a meal.)

SALT
Both chefs use kosher salt to season dishes—mix in a salad, in cooking water, in sauces—and a pinch of flaky sea salt to finish a dish, on steak or over an egg, adding flavor and crunch.

FRESHLY GROUND PEPPER
Filling an adjustable (not prepacked) grinder with peppercorns will let you put finer grains in recipes and coarser ones on prepped dishes/salads.

BUTTER
Salted butter will boost flavor, whereas unsalted gives you total control of how you salt your dish.

LEMON
A simple squeeze of lemon juice makes a great summer dressing or a seasoning.

VINEGARS
Two vinegars—balsamic and red wine—will cover most of your needs. Red-wine vinegar is the more all-purpose variety, used in typical salad vinaigrettes or even for pickling. Balsamic is sweeter and works best on more delicate vegetables that you don't want to overpower with too much acidity.

MAYONNAISE
Just Mayo is a great egg-free spread made by Hampton Creek, with healthy whole ingredients and a fraction of the saturated fat of regular mayo.

MUSTARD
Hatfield loves a whole-grain sandwich mustard like Gulden's; Humm prefers the kick of Dijon. You can even use mustard to make mayo by mixing it with egg, lemon juice or vinegar, and canola oil.

RYE BREAD
Rye bread has a depth of flavor most breads lack. More important, it's hearty and has a long shelf life.



7

ITALIAN PARSLEY

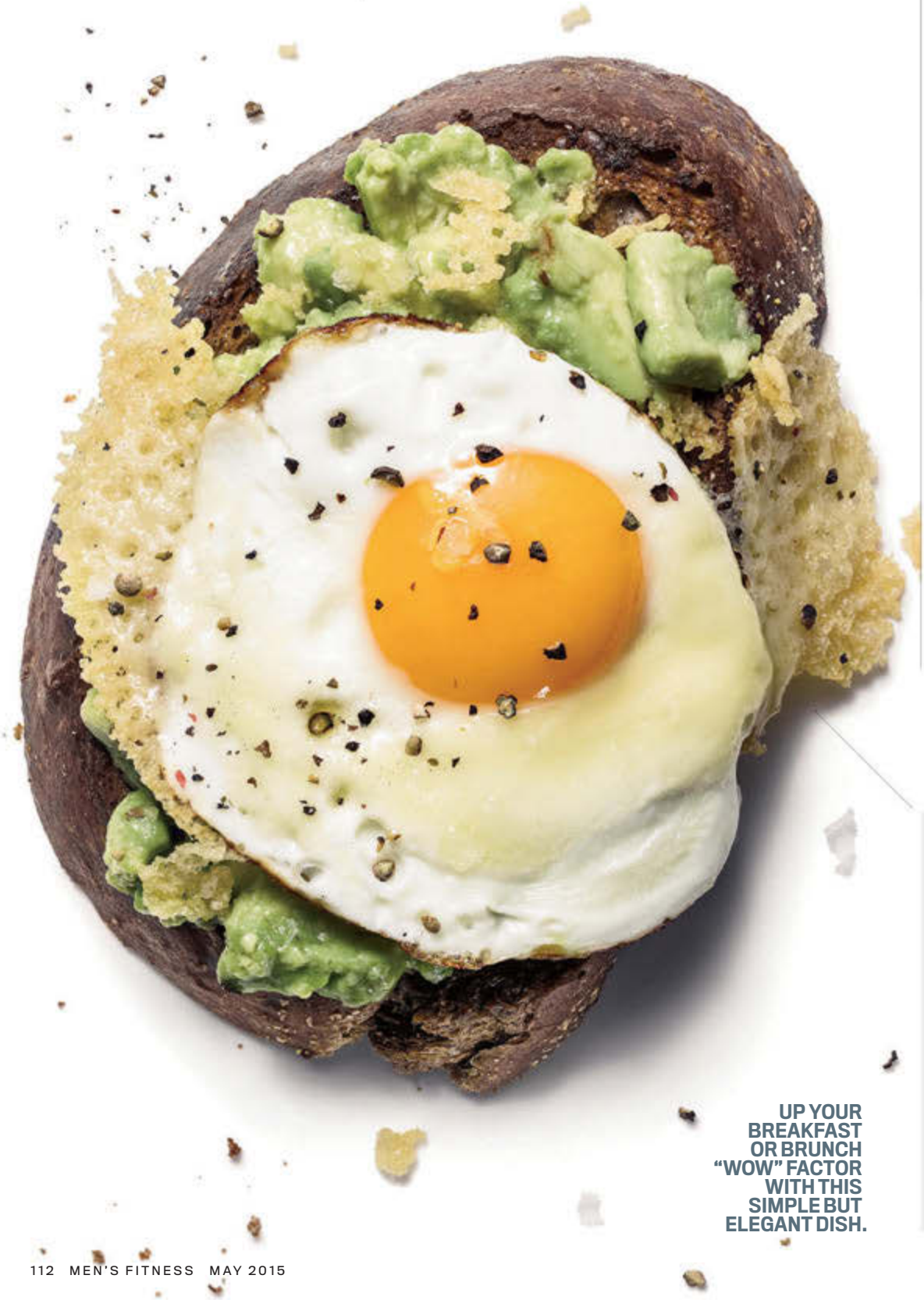
Parsley is an unsung hero usually written off as just a garnish. "But we've forgotten how it ended up on the plate in the first place," Hatfield says. "It's one of those flavors that brings out a lot of nuance in the things you pair it with. It focuses the flavor of the food around it. And that flash of color does transform presentation!"

SARDINES ARE PACKED WITH PROTEIN– AND CAN STAY ON YOUR SHELF PRACTICALLY FOREVER.

AVOCADO TOAST WITH FRIED EGG & GRUYÈRE

SERVES: 2

"Sometimes the simplest things are best, and this is a prime example," says Humm of this breakfast dish. "The freshness of the avocado is really nice against the richness of the egg." Humm especially likes this dish after training–it's loaded with protein and good fats. To fry the perfect egg, always use a nonstick pan; start on high heat, and use enough oil to have a thin layer on the entire bottom of the pan. As soon as you crack the egg into the pan, turn the heat down to low and let it cook until the white is set.



UP YOUR BREAKFAST OR BRUNCH "WOW" FACTOR WITH THIS SIMPLE BUT ELEGANT DISH.

INGREDIENTS

- 2 ½-inch thick slices dark rye bread
- Butter, to taste
- 1 avocado, halved and pitted
- 1 tbsp olive oil
- ¾ tsp kosher salt
- 1½ tsp lemon juice
- 2 eggs
- Sea salt to finish
- Cracked black pepper, to taste
- 8–10 shaves of Gruyère

DIRECTIONS

1) Spread each slice of bread lightly with butter, then toast.
2) Halve avocado and discard pit; scoop out flesh and place in a bowl with olive oil, salt, and lemon juice. Mash it all together with a fork to make a chunky spread. Divide the mashed avocado between the pieces of toast.
3) Heat a nonstick pan over medium heat. Fry eggs, sunny-side up. Season the eggs with sea salt and cracked black pepper.
4) Just before eggs are finished cooking, use a vegetable peeler to peel several slices of Gruyère onto them; be sure to allow some of the cheese to melt onto the pan and crisp.
5) When the eggs are cooked and the cheese has melted, carefully transfer an egg onto each toast.

8

EGGS

"Eggs are especially important if you don't eat a lot of meat—they give you similar protein," Humm says. "And they're obviously great for breakfast; but I like to use them in all kinds of dishes, especially salads." Hatfield actually buys two dozen eggs every time he goes shopping. "I'll boil off a dozen right when I get home from the grocery store so I have hard-boiled eggs in the fridge at all times," he says. "It's another go-to snack—a complete protein, full of amino acids."



TRI-TIP GRUYÈRE MELT

SERVES: 2

Hatfield's favorite way to use up leftover steak is to put it in a simple sandwich. For this one, he slices it all thin—the steak, cheese, avocado, and kale—and finishes it off in the oven. "Tri-tip also eats great cold," he says, "whether on a sandwich or a salad."

INGREDIENTS

- ½ lb cooked tri-tip steak, cold, thinly sliced with a serrated knife
- 2 tsp mayonnaise
- 2 slices dark rye bread
- Gruyère, thinly sliced, to taste
- 1 avocado, thinly sliced
- 2 handfuls kale, thinly sliced
- 2 tsp whole-grain mustard

DIRECTIONS

Cautiously reheat sliced steak in microwave, using short 15–30-second pulses to avoid heating, "which would completely ruin it," says Hatfield. Spread mayonnaise on each side of bread. Pile the sliced beef on it and add Gruyère, avocado, kale, and mustard. Place open-faced on a pan in a warm oven till cheese is melted.

9

KALE

"Kale is the go-to green because it has such a great shelf life, and seasonality is less important," Humm says. Plus, it tastes good raw or cooked, both chefs agree. "You could say the same about spinach," Hatfield says, "but I find spinach too delicate, especially for a salad. And it gets that weird mouthfeel if you don't cook it right." At the store, look for kale that feels crisp and alive, with good bright color and no wilting. And if the edges where it's been cut are browning, avoid it.



10

GRUYÈRE CHEESE

Hard cheeses work well grated over hot or cold dishes. Both chefs like Parmesan, too, but say Gruyère—slightly softer and richer—takes dishes up a level. Hatfield uses it to liven up everything from sandwiches to an omelet; Humm builds whole meals around it: "Eat it with some kale, apples, and olive oil drizzled on top for an easy, light snack."

11

AVOCADO

Our chefs consider the beloved avocado a breakfast, lunch, or dinner ingredient—it's rich, has great texture, and is high in good fat. Humm likes it in salads but also on its own. "When shopping, look for avocados that are firm but give slightly when gently squeezed," he says. "And avoid those with supersoft spots." Also, he says, keep the unused part in its skin and wrap to store.

12

SCALLIONS

Scallions are a flavor booster for just about any dish. Plus, they can be used in more than one way. "You can use the green part like an herb, on top of something, and use the bottom of the scallion like an onion." Hatfield loves scallions paired with parsley. When buying scallions, you want white whites and green greens, with the green part firm and cylindrical.

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Ask Men's Fitness



COLD FIZZ: WELCOME TO THE G&T REVOLUTION.

Food styling: Angela Campos/Stockland Martel

I'm tired of mojitos. What's this summer's new cocktail trend going to be, and how can I get in on it?

TIM B., LOS ANGELES, CA

Beer cocktails may have been all the rage last year, but "this summer is going to be about gin," according to Prairie Rose, a New York City-based cocktail and spirits blogger and expert.

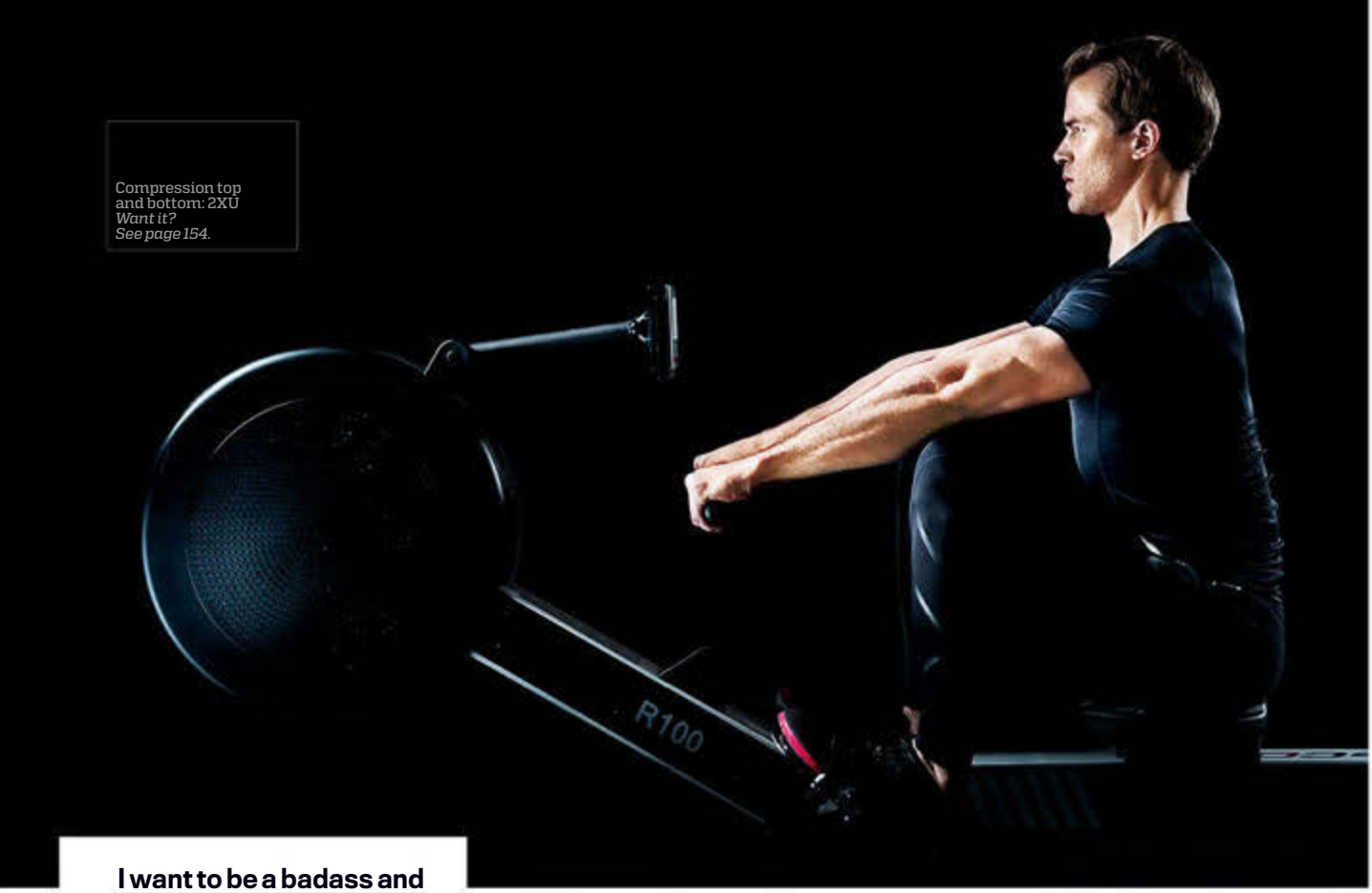
Why? For starters, everyone's favorite gin cocktail, the G&T, is undergoing a renaissance. We now have "good-quality gin and artisanal, small-batch tonics that aren't filled with high-fructose corn syrup and synthetic quinine flavors that taste like garbage," Rose says. She prefers brands like Jacky Rudy Cocktail Co., Tomr's Tonics, and Strong Tonic.

To tackle this summer's big drink trend, try a combo with Rose's Pear & Sage Gin and Tonic:

- 2 oz Jackelope & Jenny Gin
- 1 oz Original Strong Tonic
- 3 oz club soda
- 3 thin pear slices
- 1 bunch fresh sage

Add gin, tonic, and soda in a mixing glass with ice. Stir well; strain into a highball glass filled with ice. Garnish with pear slices and sage.

LEVI BROWN



Compression top and bottom: 2XU
Want it? See page 154.

I want to be a badass and use the rowing machine more often. But I worry it might be terrible for my lower back. What's the right–and wrong–way to use it?

JOHN R., PORTLAND, ME

Rowing incorrectly can be bad for your back—but with the right form, it actually strengthens your core and back, says Bryan Volpenhein, three-time Olympian and 2004 gold medalist in the men's eight. It's also an insanely effective full-body workout: If you weigh 185, you'll burn about 622 calories an hour rowing at a moderate pace, and about 754 an hour at a strenuous intensity. As for form, "Start at the catch—where the handle is closest to the monitor," Volpenhein says. "Keeping your body angled forward so your shoulders are in front of your hips and your arms are straight out in front of you, push your legs. When your legs are almost flat, swing your body open while still keeping your arms straight. When your body is just past perpendicular, you can pull your arms into the body to finish the stroke." Just be sure to let your arms and body reset properly before you start the slide and bend your knees. As you learn, Volpenhein recommends 30–45 minutes of intervals of 4 minutes of rowing and 1–2 minutes of stretching off the machine. Keep strokes per minute to 22 or below.

Jerky is so popular now–but is it really healthy?

SAM K., HONOLULU, HI

"Yes, jerky can definitely be healthy if you know what to look for," says Christina Strudwick, M.S., R.D., a sports dietitian who's worked with NFL and MLB players. "Be sure to check the label for saturated fat, which is found in the fatty cuts of meat and increases cholesterol levels. Aim for less than five grams of saturated fat per serving since the goal is to keep your saturated fats below 20 grams for the day."

Once you've done that, you're on your way. "Because of its high protein content, jerky is a great choice for a snack since it stabilizes blood sugar while providing amino acids to promote muscle growth and recovery."

If I want to bulk up, should I cut out running entirely?

DONOVAN R., FERGUSON, MO

Not exactly, says powerlifter Mike Israetel, professor of exercise science at the University of Central Missouri.

It works like this: Muscles grow best when you give them lots of sets of heavy weights, then let them recover between workouts. "Anything that interferes with the ability to lift hard by fatiguing the muscles, or with the ability to recover, is going to reduce muscle growth somewhat," says Israetel, who's also head science consultant for Renaissance Periodization and author of *The Renaissance Diet*.

So if you're lifting for your legs, yeah, running on "legs day" might not be a good idea. But a few laps won't undo all your work.

SHORTY THE BARBER

ENLIGHTENED ADVICE FROM GROOMING EXPERT SHORTY MANIACE



I'm dying to shave my head for the summer. How should I do it, and how do I maintain it?

CLAY E., MONMOUTH, NJ

Look at you, brother! If you want to go full Telly Savalas, sure, just go get a glide shaver—a safety razor that sits on your thumb.

But know that when people do things at home, things go wrong—that's how the mullet got started. I'd advise you to go to your barber. He'll shave your neck right and taper it out; he'll also make sure your hairline looks as natural as possible. It's not as easy as you think: Too short is too military, and too long is like a wet tennis ball.

Shorty Maniace is the proprietor of J.P. Kempt Barber & Social in San Francisco. Send your questions to *askshorty@mensfitness.com*.

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SEX FILES

THERAPIST AMBER MADISON ADDRESSES YOUR MOST INTIMATE QUERIES



Is there any way to tell when I meet a girl whether or not we'll have good sex? I've met girls I think are smart and attractive, but when we're in bed we just don't have that spark.

DEVON H., PORTLAND, ME

There's not much you can know about sexual chemistry without having sex. You can't judge a girl's sexual prowess by how she talks or flirts.

But if there's any somewhat-reliable indication, it's good, old-fashioned kissing, which is way more important to sex than it's given credit for. If you feel she's a bad kisser—she's tight-lipped, or slobbery, or bangs teeth, or doesn't know how to use her tongue—that could very well translate to how it'll be in bed.

Having said that, there's a lot that can go wrong in the sack the first time, when you're both nervous. As you get more comfortable with each other, the true chemistry will begin to emerge. So give it a few tries before you give up completely.

The girl I'm seeing likes to have sex mostly when she's really drunk–like, really drunk. It's kinda not that sexy... What should I do?

TOM S., SAN FRANCISCO, CA

My guess here is that your girl has some issues with sex. If she didn't, she likely wouldn't have to get smashed to do it. Maybe she can't let herself relax unless she's had a few, or she's had some sexual trauma in her past and is self-medicating in order to deal.

Whatever the issue, talk with her about it. Ask her why she seems to want to have sex primarily when she's really drunk. Tell her she's sexy, but that when she's so drunk, it feels more like you're having sex with her hammered alter ego than with her.

She's going to feel a lot more comfortable if you initiate a conversation about it. You probably don't want to hear this, but she can't be enjoying sex that much if she only seems to want to do it smashed.

The mile-high question: So how does one actually go about having sex in an airplane bathroom?

DAVE S., RALEIGH, NC

The bigger the plane, the easier this is all going to be to pull off—so plan ahead and save this tryst for a cross-country or transatlantic flight. And it's a lot easier for two people to slip into the tiny lavatory when the lights are dim—so do it on a red-eye. (And if someone sees you going in at the same time, you can always say one of you is sick.) ¶ The best position is probably having your girlfriend sit on the sink while you stand. Of course, if the sink isn't pelvic height for you, then she can lean over the sink while you come from behind, or you can try lifting her up. Whatever you do, I'd use the sink for leverage over the toilet. Even the thrill of joining the mile-high club can't make up for the piss mixture soaking the floor around an airplane commode.

Trunk Archive; Madison: Jimmy Fontaine

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What's the "accepted" number of nights per week that a guy can eat red meat and still be considered "healthy"?

JOHN R., PORTLAND, ME

"Red meat is an excellent source of protein and iron," says Helen West, a U.K.-based dietitian and blogger at *foodandnonsense.com*. However, "while moderate amounts of lean red meat have been shown to be fine to include in your diet," she adds, "eating lots of it has been associated with shorter life spans," so best to stick to three to four times a week. ¶ And not all meat is created equal. "There's now strong evidence that eating large amounts of *processed* meats (like sausage, bacon, salami, and lunch meats) can be quite harmful," she says, because of the potentially cancer-causing nitrites and nitrates they contain, and should be limited to a card-deck-size portion once or twice a week. ¶ Bummer.



Peden & Munk/Trunk Archive

I saw my friend's girlfriend on Tinder, and he definitely doesn't know she's on there. Should I say something?

JOSEPH W., CRANSTON, RI

This isn't the news you want to hear, but you probably should tell him. Says dating and relationship coach Becca Hirsch, founder of the Not Your Average Bro dating website: "What if the tables were turned and it was your girlfriend who was on Tinder behind your back—wouldn't you want to be told?"

And though telling him may make him hate you for a while, in the long run he'll appreciate your honesty and loyalty.

A note: If you do decide to tell him, don't just blurt it out. "Be tactful about the situation you choose to bring it up in; and be sure to make it clear you're telling him because you feel it's your duty as a friend," says Hirsch. "I'd also give him just the facts." In other words: No editorializing, opining, or advising.

Also important: Support him in whatever he decides to do. "He may get angry and break up with her immediately, or he may decide to do nothing," Hirsch says. It's not really your business; so do the right thing, but don't go all Judge Judy on his ass.

I've been hearing a lot about "warm-grain salads." WTF are they, and why do I want them?

PETE R., DUBUQUE, IA

"Basically, they're salads with a whole-grain base of farro, barley, wheatberries, or quinoa, with other ingredients like vegetables, fruit, or meat mixed in, that are served as a warm entrée," says food blogger Amber Ketchum, M.D.S., R.D., owner of Homemade Nutrition.

And you definitely do want them. "These grains are hearty, filling, and an excellent source of complex carbohydrates, fiber, and protein," Ketchum says. "If you're trying to lose weight and/or build muscle, choosing meals that use these whole grains as a base can be an excellent choice because they also give you long-lasting energy."

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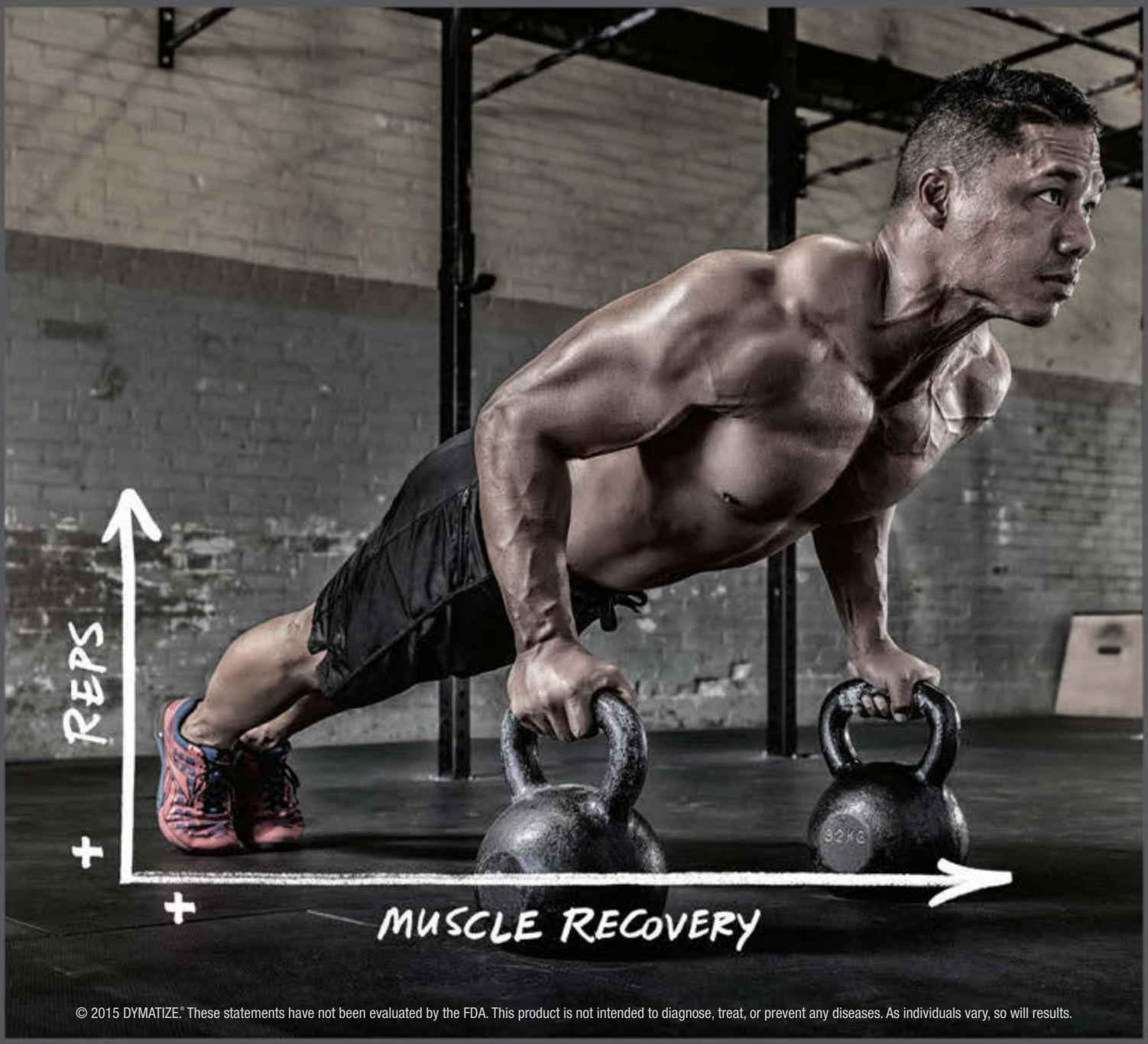


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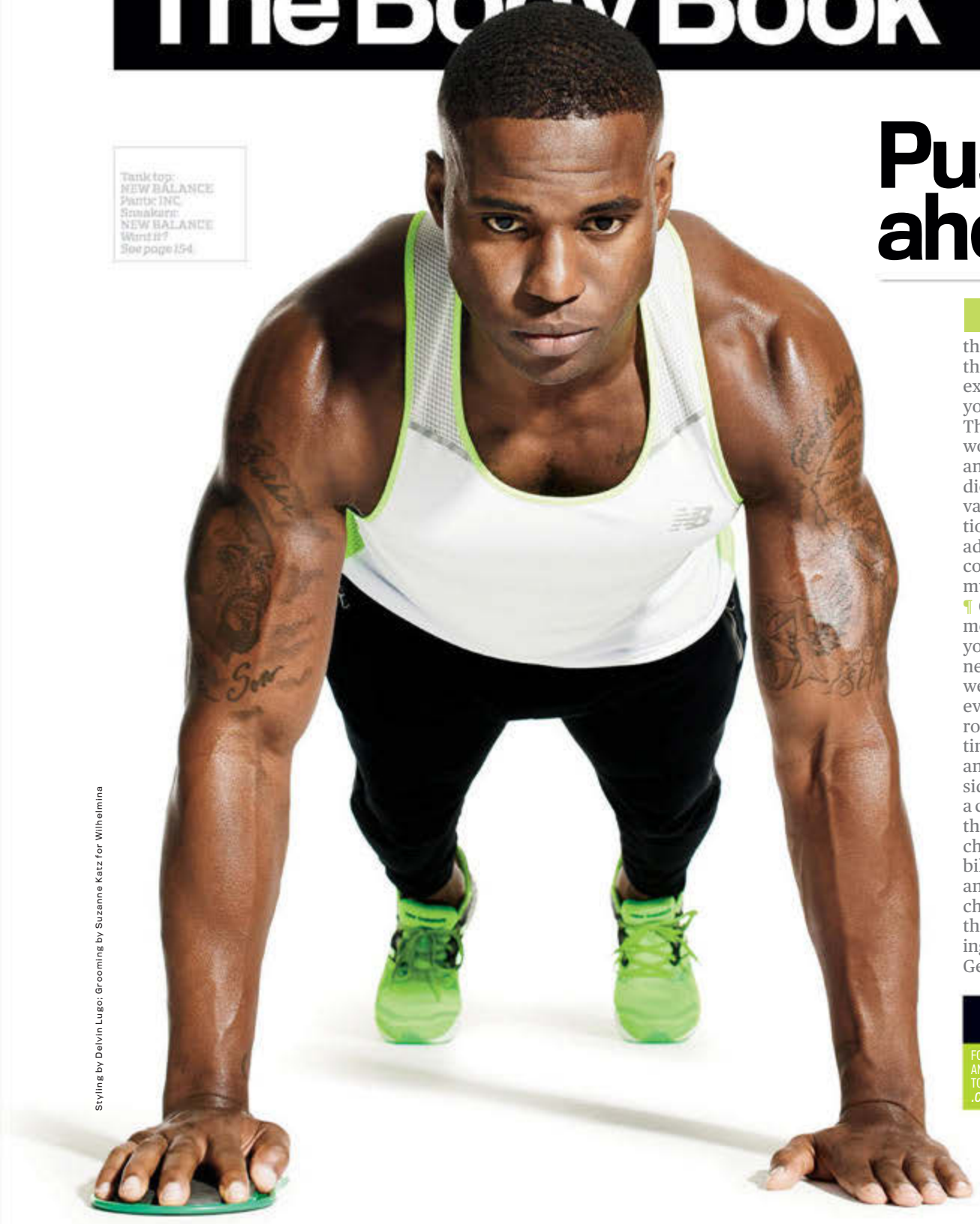
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The Body Book



Styling by Delvin Lugo; Grooming by Suzanne Katz for Wilhelmina

Push ahead

There's an expression in the fitness world that says, "The best exercise is the one you haven't tried." The same applies to workout programs and even foods and diets. Only through variety and rotation do you avoid adaptation and continue to build muscle and lose fat. ¶ Our aim every month is to show you something new, but this issue, we've gone an even more unusual route, with a routine you can take anywhere (like outside on a nice day); a chest workout that uses sliders to challenge your stabilizer muscles; and a meal plan chock-full of foods that offer fat-burning properties. ¶ Get going!

FOR MORE WORKOUTS AND EXERCISES, GO TO *MENSFITNESS.COM*.

Get ripped anywhere

Take this routine to a playground, the park, or even your backyard to burn fat, lose your gut, and build muscle in just three weeks By Zach Even-Esh

If you think training with only your body weight limits you, you're not thinking outside the box, literally: You've been cooped up in the gym too long.

With spring here and summer fast approaching, it's time to take your workouts outdoors and leave the weights behind. All you need to make training effective is your own body weight and this program, which can be done anywhere you find open air, trees, and grass. Stop lifting and start living!

How It Works

Your body weight can be used to generate any number of training stimuli. Instead of going heavy with weights, you can use explosive, jumping movements to recruit fast-twitch muscle fibers. Rather than perform high reps, you can slow down the tempo you move at, forcing your muscles to stabilize you for an endurance challenge. Finally, you can do a circuit of body-weight moves just as easily as you can do the machine circuit in your gym, but using your whole body and burning more calories as a result.

Yes, you can get all these benefits in just a few weeks by exercising in the great outdoors. You won't miss the gym till the fall.

Directions

Exercises marked with a letter ("A," "B," and so on) are done in sequence without rest in between. So you'll do a set of A, then B, and so on until the sequence is complete—then rest and repeat.

In Day I, do not go to failure. If you don't feel you have two reps left in you on any set, stop there. In Day III, the exercises are done as a circuit. Rest two minutes at the end of the entire circuit, and then repeat for five circuits.

Day I

1A SQUAT JUMP

Sets: 5 Reps: 10, 8, 6, 4, 2 Rest: 0 sec.

Stand with feet shoulder-width apart and toes turned out about 30 degrees. Bend your hips back and lower your body until your thighs are parallel to the ground. Explode upward, jumping as high as you can. Land, reset your feet, and repeat for reps. Perform fewer reps each set as indicated.

1B CLAP PUSHUP

Sets: 5 Reps: 5, 4, 3, 2, 1 Rest: 60–90 sec.

Get into pushup position and lower your body until your chest is just above the ground. Press up so fast that your hands leave the floor and your body rises into the air, clapping your hands in midair.



2A LUNGE JUMP

Sets: 5 Reps: 10, 8, 6, 4, 2 Rest: 0 sec.

Step forward with one leg and lower your body until your rear knee nearly touches the ground and your front thigh is parallel to the ground. Jump upward as high as you can and switch legs in midair. Land softly and immediately begin the next jump. Each jump is one rep.



2B PULLUP

Sets: 5 Reps: 5, 4, 3, 2, 1 Rest: 60–90 sec.

Hang from a bar or sturdy tree limb with hands outside shoulder width. Pull yourself up until your chin is over the bar.

3A HANGING LEG RAISE

Sets: 5 Reps: 5 Rest: 0 sec.

Hang from a bar or limb with hands outside shoulder width. Contract your abs and raise your legs as high as you can.

3B SPRINT

Sets: 5 Reps: Run for about 20 seconds Rest: 60–90 sec.

Run at 90% of your top speed across whatever turf you have available (flat ground, stairs, or a hill). Go for about 20 seconds. That's one set.



Styling by Delvin Lugo; Grooming by Suzanne Katz/Wilhelmina

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Day II

1A WALKING LUNGE

Sets: 3 Reps: 10 (each leg) Rest: 0 sec.

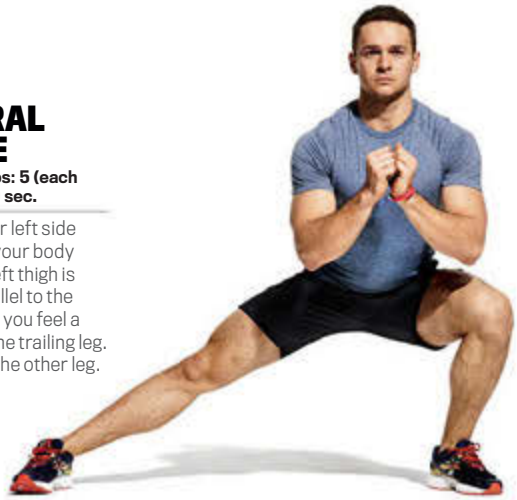
Step forward and lower your body until your rear knee nearly touches the ground and your front thigh is parallel to the ground. Repeat on the other leg. Continue moving forward on each rep.



1B LATERAL LUNGE

Sets: 3 Reps: 5 (each leg) Rest: 0 sec.

Step to your left side and lower your body until your left thigh is nearly parallel to the ground and you feel a stretch in the trailing leg. Repeat on the other leg.



1C FROG JUMP

Sets: 3 Reps: 10 Rest: 0 sec.

Lower your body into a squat as you did on the squat jumps but reach your arms to the ground. Keep your chest up and butt down. Now jump forward like a frog hopping. Each jump is one rep.



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2A SLOW PUSHUP

Sets: 4 Reps: 8 Rest: 0 sec.

Place your hands at shoulder width and extend your legs behind you. Brace your core. Take three seconds to lower your body until your chest is just above the floor. Now take three seconds to come up. That's one rep.



2B SPEED PUSHUP

Sets: 4 Reps: As many as possible Rest: 60 sec.

Immediately after your set of slow pushups, perform a set of pushups as fast as you can.

3 INVERTED ROW

Sets: 4 Reps: 10–12 Rest: 60 sec.

Grasp a bar just outside shoulder width and hang beneath it with your legs extended so your body is almost parallel to the ground. Row yourself up. If you don't have a bar near the ground, sling a beach towel over a tree branch.

4A SIDE PLANK

Sets: 3 Reps: Hold 30 seconds (each side) Rest: 0 sec.

Lie on your side on the ground and rest your weight on your forearm. Raise your hips off the ground and brace your core so your body forms a straight line.



4B V-UP

Sets: 3 Reps: 10 Rest: 60 sec.

Lie on your back on the floor with legs extended and arms overhead. Brace your core and raise your torso off the floor while simultaneously raising your legs up so that your body forms a V shape. Lower back down.

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Day III

T-shirt: AETHER APPAREL
Shorts: ISAORA
Sneakers: BROOKS
Tech: JAWBONE
Want it? See page 154.

A RUN
Reps: Go for 200 meters
Rest: 0 sec.

B FEET-ELEVATED PUSHUP
Reps: 10 Rest: 0 sec.

Place your feet on a park bench or other elevated surface and do pushups.

C BULGARIAN SPLIT SQUAT
Reps: 10 (each leg)
Rest: 0 sec.

Rest your back foot on a bench and lower your body until your front thigh is parallel to the ground and your rear knee is just above.



SPLIT SQUATS STRETCH OUT YOUR HIPS AS WELL AS STRENGTHEN THE LEGS.



D FORWARD BEAR CRAWL
Reps: Crawl 40 feet
Rest: 0 sec.

Get on all fours and crawl forward, keeping your back flat and your hips down.

E BACKWARD BEAR CRAWL
Reps: Crawl 40 feet
Rest: 0 sec.

Reverse the motion of the crawl, keeping your butt down and core tight.





F LATERAL HAND WALK
Reps: 5 (each direction)
Rest: 0 sec.

Place your feet on an elevated surface and get into pushup position. Move your right hand out and then "step" to the right. Do five reps to your right and then five back.



G BURPEE
Reps: 5 Rest: 2 min.

From a standing position, squat down and place your hands on the floor. Jump your feet back so you land in a pushup position. Quickly come back up again.





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Fat as fat burner. *The omega-3 fatty acids in a sushi salad (page 134) could improve insulin sensitivity, stoking fat loss.*

Eat food– burn fat!

Five dishes that melt fat right off–and all you have to do is eat them

By Matthew Kadey, R.D.

The fastest way to lose fat is to adjust your diet, not do more cardio. And that doesn't mean cutting carbs and calories to the bone; you can let your food burn fat for you while enjoying delicious, gourmet meals with these recipes–made from ingredients that offer potent, and science-backed, fat-burning benefits. We've got one to cover every meal of your day, from breakfast through dessert, so you can melt blubber over a 24-hour period (and wake up a little leaner the next morning). Now, doesn't that beat another spin on the treadmill?

Food styling by Chris Lanier/Apostrophe

JARREN VINK

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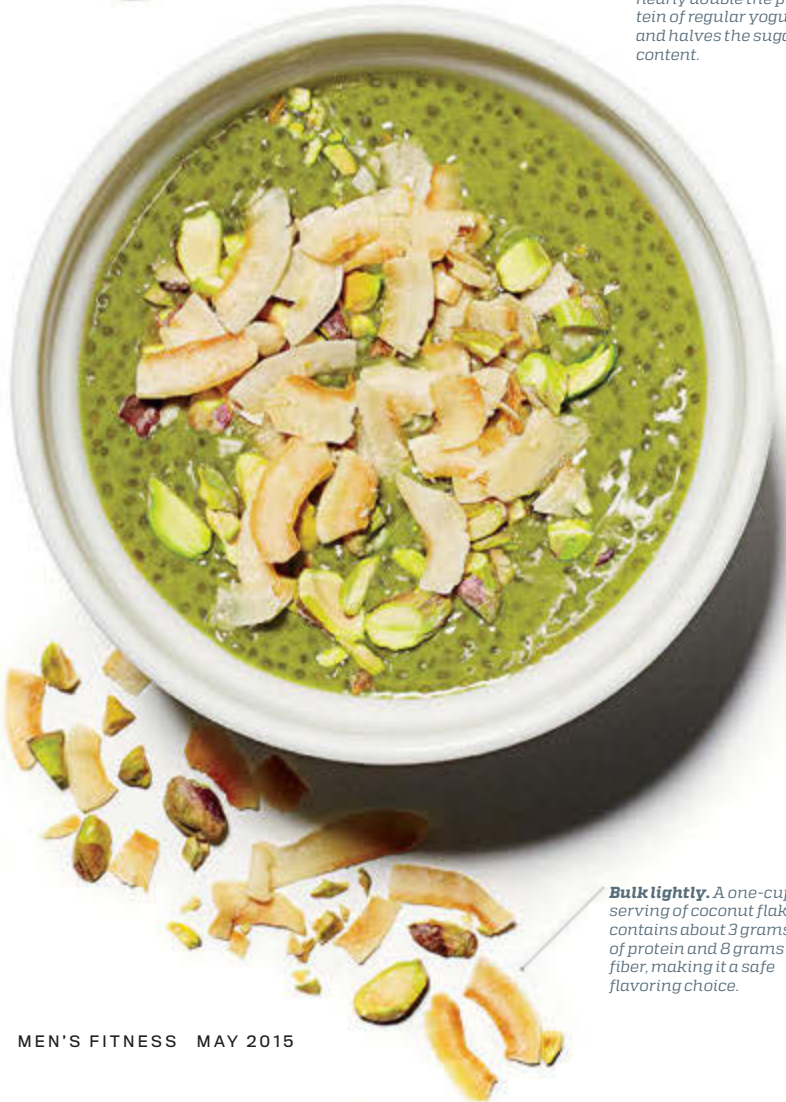
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Pro tip: *Always choose Greek yogurt. This creamier version packs nearly double the protein of regular yogurt and halves the sugar content.*



Bulk lightly. *A one-cup serving of coconut flakes contains about 3 grams of protein and 8 grams of fiber, making it a safe flavoring choice.*

1) OVERNIGHT OATMEAL WITH BLUEBERRY SAUCE

Why it's a fat beater: Blueberries contain pterostilbene, an antioxidant that a study in the *Journal of Agricultural and Food Chemistry* found may prevent fat storage.

MAKES: 1 SERVING

INGREDIENTS

- ⅓ cup rolled oats
- 2 tsp chia seeds
- 2 tsp cocoa powder
- ¼ tsp cinnamon
- ½ cup milk
- ⅓ cup plain Greek yogurt
- ½ cup frozen blueberries
- 1 tbsp pure maple syrup
- ½ tsp cornstarch
- 1 tbsp chopped walnuts

DIRECTIONS

1) In a bowl or half-pint glass jar, mix oats, chia seeds, cocoa powder, and cinnamon. Stir in milk and yogurt. Cover and let soak overnight in the refrigerator.
2) In the morning, stir together blueberries, maple syrup, and cornstarch in a microwave-safe bowl and heat on high, uncovered, for 1 minute. Stir, then heat for an additional 1 minute. This is your blueberry sauce.
3) Serve oats topped with blueberry sauce and chopped walnuts.

NUTRITION

413 calories, 16g protein, 68g carbs, 12g fat

2) MATCHA CHIA PUDDING

Why it's a fat beater: Made by grinding tea leaves into powder, matcha may positively impact genes associated with fat metabolism. Pick up some at *matchasource.com*.

MAKES: 4 SERVINGS

INGREDIENTS

- 2 cups unsweetened almond milk
- 1 banana
- 2 tbsp honey
- 2 tsp matcha green tea powder
- 1 tsp vanilla extract
- ½ tsp ginger powder
- Salt, to taste
- ⅓ cup chia seeds
- ¼ cup unsweetened coconut flakes
- ¼ cup chopped unsalted pistachios

DIRECTIONS

1) Blend together almond milk, banana, honey, matcha, vanilla, ginger, and a pinch of salt.
2) Pour mixture into a container and stir in chia seeds. Let mixture sit for 10 minutes, stirring often. Chill for at least 3 hours. Top with coconut flakes and pistachios and serve.

NUTRITION (PER SERVING)

204 calories, 5g protein, 24g carbs, 11g fat

3) SUSHI SALAD

SHOWN ON PAGE 132

Why it's a fat beater: Salmon offers omega-3 fats, which may alter fat metabolism and improve insulin sensitivity.

MAKES: 4 SERVINGS

INGREDIENTS

- 1 lb skinless salmon fillets
- 1 cup shelled frozen edamame
- 3 cups cooked brown rice
- 1 cucumber, sliced into matchsticks
- 2 carrots, shredded
- 1 avocado, thinly sliced
- 2 cups cubed fresh pineapple
- 3 tbsp low-sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp Asian chili sauce, such as sriracha
- 2 tsp minced fresh ginger
- 2 nori sheets, chopped

DIRECTIONS

1) Place salmon in a large saucepan and cover with water. Bring to a very light simmer and cook for 6 minutes, or until fish is cooked through. Remove fish from pot and place on a plate. Gently break apart flesh with a fork.
2) Prepare edamame according to package directions. Toss together salmon, edamame, rice, cucumber, carrot, avocado, and pineapple.
3) In a separate bowl, stir together soy sauce, rice vinegar, sesame oil, chili sauce, and ginger. Toss salad along with salmon in the dressing and serve topped with nori.

NUTRITION (PER SERVING)

557 calories, 39g protein, 59g carbs, 21g fat

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4) PORK TACOS WITH KIMCHI-MANGO SALSA

Why it's a fat beater: Kimchi is laced with capsaicin, the compound that gives chili peppers their kick. A 2015 study found that capsaicin increases the fat-burning effect of exercise.

MAKES: 4 SERVINGS

INGREDIENTS

- 1 lb pork tenderloin, sliced into ½-inch rounds
- Salt and pepper, to taste
- 1 tbsp grape-seed oil or canola oil
- 1½ cups chopped kimchi
- 1 cup cherry tomatoes, halved
- 1 orange bell pepper, chopped
- 1 mango, diced
- 2 scallions, thinly sliced
- ⅓ cup chopped cilantro
- 1 small avocado
- ½ cup sour cream
- 1 tsp lime zest
- 12 large lettuce leaves

DIRECTIONS

1) Season pork with salt and pepper. Heat oil in a large skillet over medium heat. Add pork slices and heat until cooked through, about 3 minutes.
2) Toss together kimchi, tomatoes, bell pepper, mango, scallions, and cilantro. Place avocado, sour cream, and lime zest in a food processor or blender and blend until the mixture is smooth.
3) Divide pork among lettuce leaves. Top with kimchi salsa and avocado cream.

NUTRITION (PER SERVING)

300 calories, 25g protein, 15g carbs, 16g fat

Smarter fats. *Like salmon, avocados are filled with healthy fats that can lower cholesterol and help prevent fat storage.*

5) SWEET POTATO HUMMUS

Why it's a fat beater: The fiber in chickpeas contributes to fullness, so you consume fewer calories.

MAKES: 6 SERVINGS

INGREDIENTS

- 1 lb sweet potatoes, peeled and diced
- 1 (14 oz) can chickpeas, drained and rinsed
- ⅓ cup plain whey protein powder
- ¼ cup tahini (sesame paste)
- Juice of ½ lemon
- 1 garlic clove, minced
- 2 tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- ½ tsp cumin powder
- ½ tsp salt

DIRECTIONS

1) Steam or boil sweet potatoes until tender.
2) Place cooked sweet potatoes and remaining ingredients in a food processor or blender and blend until smooth. Serve with crudités such as sliced red pepper and broccoli, or slather the hummus on rye crackers.

NUTRITION (PER SERVING)

232 calories, 9g protein, 27g carbs, 11g fat

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THE DEEP CHEST WORKOUT

One simple trick can build up your pecs in only four weeks

By Jon-Erik Kawamoto, C.S.C.S.

If you're looking to put more size on your chest, look past those same old bench-press routines you've been doing—you know, the ones that stopped working for you years ago. And, honestly, just the bench press by itself isn't that good a muscle builder for the pecs, anyway. Instead, it's pre-exhaustion training that'll allow you to get more out of conventional chest exercises and see a bigger, deeper chest inside of a month.



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How It Works

Smaller muscles tend to fatigue faster than bigger ones. When you're benching and you can no longer lock out the weight, that means your triceps tired out before your pecs. But what if you worked the pecs first, in isolation, so they were tired when you got to the bench press? They'd then fail along with the triceps, so the exercise would end when the target muscles were fried—not before.

This is pre-exhaustion—the basis of this workout. In it, isolation lifts, like flyes, precede compound movements, like presses, and then those are followed by more isolation lifts to top off the pump you get and encourage an increase in blood flow, which brings fast growth.

Directions

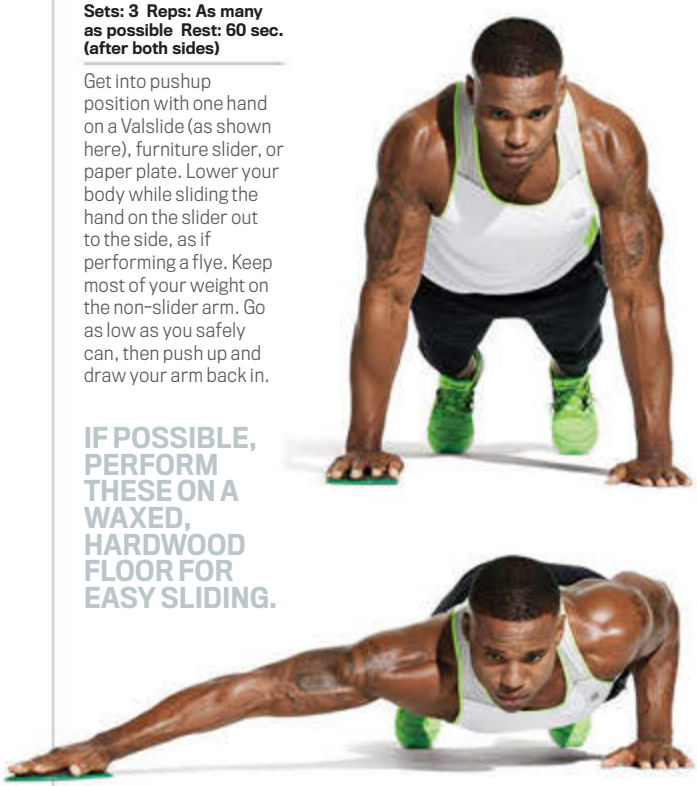
Perform the workout once per week. Do exercises marked "A," "B," and "C" in sequence, resting only as directed. Repeat until sets are done for the group.

1 ONE-ARM FLYE/ PUSHUP COMBO

Sets: 3 Reps: As many as possible Rest: 60 sec. (after both sides)

Get into pushup position with one hand on a Valslide (as shown here), furniture slider, or paper plate. Lower your body while sliding the hand on the slider out to the side, as if performing a flye. Keep most of your weight on the non-slider arm. Go as low as you safely can, then push up and draw your arm back in.

IF POSSIBLE, PERFORM THESE ON A WAXED, HARDWOOD FLOOR FOR EASY SLIDING.



2A DUMBBELL HALF FLYE

Sets: 3 Reps: 10 Rest: 0 sec.

Lie back on a flat bench with a dumbbell in each hand, held above your chest. Lower the weights out to the side, opening your arms wide. Feel a stretch in your pecs. Bring the weights halfway up, then return them back to the bottom position. That's one rep. Take three seconds to lower your arms and three to bring them halfway up on each rep.



2B BENCH PRESS

Sets: 3 Reps: 12, 10, 8 Rest: 0 sec.

Lie on a flat bench and grasp the bar slightly wider than shoulder width. Lower the bar to your chest with your elbows slightly tucked. Press back up. Take two seconds to lower the bar on each rep and two to press it up. Adjust your weights accordingly for each set to meet the rep prescriptions.



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2C HIGH-CABLE FLYE ISOMETRIC

Sets: 3 Reps: 5
Rest: 90 sec.

Grasp the handles of two facing high cable stations and stand with one foot in front of the other. Your arms should be outstretched, but keep a slight bend in your elbows. Squeeze your pecs and draw the handles down in front of your hips. Contract hard at the bottom of the rep. Hold the arms-out position between each rep for six seconds.



3A INCLINE DUMBBELL HALF FLYE

Sets: 3 Reps: 10
Rest: 0 sec.

Set a bench to a 30- to 45-degree angle and lie back on it with a dumbbell in each hand, held above your chest. Lower the weights out to your sides. Feel a stretch in your pecs. Bring the weights halfway up, then return to the bottom position. That's one rep. Take three seconds to lower the weights down and three seconds to lift them to the halfway point.



3B INCLINE DUMBBELL BENCH PRESS

Sets: 3 Reps: 16, 14, 12
Rest: 0 sec.

Set an adjustable bench to a 30- to 45-degree angle and lie back on it with a dumbbell in each hand. Press the weights from shoulder level to overhead. Take two seconds to lower the dumbbells on each rep and two to press them up. Adjust your weights accordingly for each set to meet the rep prescriptions.

3C PUSHUP

Sets: 3 Reps: As many as possible Rest: 90 sec.

Place your hands on the floor slightly wider than shoulder width and extend your legs behind you. Brace your core and lower your body until your chest is just above the floor. Take two seconds to lower down and two seconds to press back up.

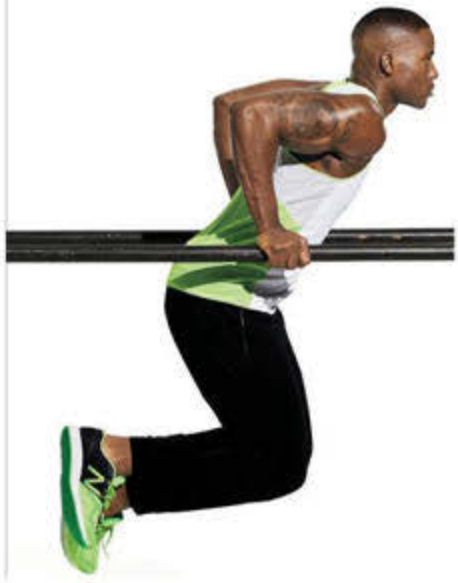


IF THIS HURTS YOUR SHOULDERS, TURN YOUR PALMS TO FACE IN.

4 DIP WITH ISOMETRIC HOLDS

Sets: 2 Reps: 6 Rest: 90 sec.

Suspend your body over parallel bars with arms extended. Lower your body until your upper arms are parallel with the floor. Hold six seconds. Now push yourself up and perform six reps, taking two seconds to lower yourself and two to come up. After six reps, get in the bottom position again and hold another six seconds. That's one set. If that's too hard, just do as many normal dips as possible.



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Growth potential

Optimizing human growth hormone (HGH) can naturally build muscle and cut your gut

By Gene Stevens

For as long as man has wanted a better body, he's been looking for a wonder drug that will give it to him.

Of course, you know there's no substitute for hard work and consistency when it comes to building muscle and losing fat. But the idea of a potent elixir that can help speed the process isn't just a pipe dream, either. Human growth hormone, or HGH, has the potential to pave the way for a younger, stronger, and healthier body—and best of all, your body's already making it. Learn to boost your levels naturally and safely, and you can defy the aging process indefinitely.



RAISING HGH LEVELS NATURALLY CAN KEEP YOU STRONG AND LEAN LONG-TERM.

HOW HGH WORKS

HGH is made from amino acids and secreted by the pituitary gland, the control center for most hormone production that lies at the base of the brain. HGH is released in short bursts every three to five hours and dissipates rapidly—the highest levels occur about an hour after falling asleep. Its peak secretion rate is during puberty, increasing muscle mass and bone density. This happens mainly when HGH stimulates the release of insulin-like growth factor-1 (IGF-1), a hormone that's the main driver of tissue growth. By itself, growth hormone helps get more protein into your muscles to increase growth and grabs the fat from your reserves

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-Scott, after using SDY Hair Solutions

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and puts it into the bloodstream to be burned for energy. Other benefits include deeper sleep, stronger bones, and increased sex drive.

FIGHT THE NOT-SO-INEVITABLE DECLINE

■ HGH continues to support our tissues as we age, but levels top out from ages 21 to 30, then slowly taper off while we enter a period called somatopause. Growth hormone reduces by about 14% every 10 years from that point forward, which is why we get fatter and weaker as we age. As HGH levels dive, we can experience a 30–50% loss of lean body mass, along with a 10–50% increase in body fat, a decline in bone density of around 3% a year, disturbed sleep cycles, and reduced immune function.

Panic over the loss of HGH—and greed for its aesthetic and performance-enhancing benefits—has led some to procure synthetic samples of it illegally. The only way to add more HGH to your body is by injection, and receiving such injections without a doctor's prescription is banned in the U.S. "As a result of a federal law passed by Congress in 1990, HGH is the only drug in America that cannot be prescribed off-label," says attorney Rick Collins, author, former bodybuilder, and the nation's foremost legal authority on performance-enhancing drugs and supplements. To be clear, while it's often referred to in the same breath as steroids, HGH is not a steroid but a separate compound entirely. Anabolic steroids are drugs that are derived from and mimic testosterone, and they bring with them a whole host of side effects, including shrunken testicles and severe mood swings. "Steroids can temporarily shut down your body's natural production of testosterone, leading to a variety of potential problems," Collins says. That doesn't happen with HGH. "But at high doses, both steroids and HGH can have harmful side effects, just like the abuse of any other drug." As with steroids, the side effects of HGH abuse can be serious, including developing type-2 diabetes and high blood pressure, enlargement of the organs, fluid retention, and muscle weakness, reports the Mayo Clinic. Thankfully, however, HGH can be supported safely and legally by making positive lifestyle changes, including weight training and better nutrition.



Get a lift. *Exercises that train many muscles, done for three or more sets each, boost HGH.*

AS HGH LEVELS DIVE, WE CAN LOSE 30–50% OF OUR LEAN BODY MASS.

A review of studies that appeared in the journal *Sports Medicine* found that exercise like high-intensity interval training (HIIT) and resistance training (see the workout on page 120 for an HGH-boosting blast) stimulate HGH production. And a study from the Human Performance Laboratory at the University of Connecticut reported that high-volume workouts using large muscle groups with moderate to high intensity and short rest periods produced the greatest levels of HGH release.

Uninterrupted and natural deep sleep is another major factor in HGH release. The importance of getting seven to nine hours of sleep on a regular basis has been gaining ground among pro athletes in the past few years, and it now seems like a no-brainer for improving performance. Research has shown that staying up all night or other disruptions in sleep patterns can limit or even stop the release of human growth hormone dead in its tracks.

SUPPLEMENTAL HELP IS AVAILABLE

■ Another natural way to increase our bodies' production of HGH includes supplementing with certain hormone precursors that stimulate the secretion of growth hormone. Known as secretagogues, they include amino acids such as glutamine, arginine, lysine, and ornithine. The timing of taking these aminos, along with the amounts, is crucial to bumping up HGH production. The recommended dosage, according to the *American Journal of Clinical Nutrition*, is taking two grams of glutamine in the morning; the American Society for Nutrition found that popping five to nine grams of arginine before you hit the weights was effective.

A novel supplement from Novex Biotech, Growth Factor-9, eliminates all the guesswork from assembling a bunch of aminos. Packed with a proprietary combo of amino acids such as acetylcysteine, arginine, lysine, and glutamine, the formulation was shown in results from a double-blind clinical trial released in 2012 at the Obesity Society's annual meeting to increase growth hormone levels in the blood an incredible 682% two hours after ingestion. (Note that this is not comparable to the effect you'd get from an illegal injection of synthetic HGH but closer to what a healthy young man's levels are.)

Foods high in amino acids may also bump up HGH production in your body. Your basic protein-packed meats (such as chicken, beef, pork, and fish) are good places to start, and dairy products (such as milk, cheese, and yogurt) can also provide the nutrition you need to encourage HGH secretion. A 2008 study published in the *Journal of the International Society of Sports Nutrition* reported that choline, a neurotransmitter, may boost production of growth hormone, so be sure to add foods that are high in choline, such as eggs and shrimp, to your training table.

As fit, healthy men interested in becoming the best that we can be, whether it's in the boardroom or underneath a barbell, the science is clear that optimizing our output of HGH is extremely important to keep lean and strong well into our old age. The prescription is as follows: Perform workouts that push you, supplement with amino acid precursors, and up your diet with fresh, whole foods to produce the highest amounts of HGH possible.

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You don't know Jake

Jake Steinfeld may have done more to spread the fitness gospel than any one entity—and he's hardly finished

By Sean Hyson

If you've ever hired a personal trainer, bought a workout video you saw on TV, or done curls with a towel, you have Jake Steinfeld to thank. While he rarely gets mentioned in the same company as more famous fitness personalities like Jack LaLanne, Jane Fonda, or Arnold Schwarzenegger, Steinfeld deserves as much—or maybe more—credit, having introduced Hollywood royalty to resistance training and made fitness look—get this—fun. The infomercials you remember him in have faded from TV, but Steinfeld is as active as ever and still on a mission to get you in the shape of your life.



He did it his way. *Steinfeld (with '80s actress Morgan Fairchild) took Frank Sinatra's advice—and his applause.*

The buff guy with the big smile and New York accent began, he says, as a fat kid from Long Island. When his dad got him weights when he was 13, "I kinda looked down at my Twinkies and said, 'No, not for me, Dad," he recalls.

But one day he spotted an EZ-curl bar in the laundry room. "I started doing curls. I was listening to Sinatra's 'My Way,' and afterward there's this applause for Frank, so I imagined it was for me, doing curls."

It wouldn't be the last time he worked a crowd. Determined to become Mr. America, Steinfeld started bodybuilding and, after a stint in college, moved to L.A. in '77. He placed second in a Mr. Southern California contest, but his career peaked there for one reason, he says: "I didn't take steroids."

Steinfeld worked as a bouncer till a chance meeting with an actress changed his life on the spot. "I was sitting by a pool, and she came up and said, 'You're in great shape—can you help me get ready for this Club Med ad?'" Once he'd said yes, she asked how much it would cost. "I said, 'Cost for what?'" And just like that, personal training was born.

In the early '80s, weights weren't embraced by the Hollywood elite, who feared big muscles would hurt their careers. So Steinfeld created fun, functional, half-hour routines using broomsticks, towels, and chairs. He became a sensation with A-listers: "I knew about bodybuilding but also about listening, and that really opened doors for me."

His work with clients like Steven Spielberg and Harrison Ford helped get him cameos in films like *Coming to America*; it also got him a call from Ted Turner to do a show on the new CNN. And soon—decades before YouTube—he was being seen on the *Fitness Break by Jake* all over the world.

Naturally, with Steinfeld's warmth and positive attitude, product spots, ads, and even a sitcom followed (remember *Big Brother Jake* on The Family Channel?), and finally FitTV, the first 24-hour fitness network, which he sold in 1997 for a fortune.

Today Steinfeld's committed to giving back to the community, especially husky kids like himself. As chair of the National Foundation for Governors' Fitness Councils, he brings fitness centers to poor schools, an outreach that fights child obesity, raises test scores, and ups attendance.

His latest project, the app Kumu (*teacher* in Hawaiian), hooks users up with a wellness coach, who's "a psychologist, nutritionist, and physical educator," he says, and "gives you the tools, inspiration, and plan to succeed." Average response time from a Kumu coach: just seven minutes. (*getkumu.com*).

Steinfeld, 57, still works out most days at 3:45 a.m., doing his traditional 100-rep sets to "help keep the boyish figure."

"Every day I trained Spielberg, I'd say, 'Harrison Ford did 100 pushups today.'"

Don't quit.



STEINFELD "NEVER QUITS"—AND HE DOESN'T WANT YOU TO, EITHER.

Never surrender

Jake's tips for not giving up on your dreams—fitness and otherwise

1) Find the right fitness goal

"If you quit working out, you haven't found what's right for yourself yet. Trust me: You've done something physical in your life that you enjoy, aside from eating chocolate cake—find it."

2) Give yourself a visible reminder

"For example, take a pair of pants you want to fit into and put them by your mirror. Seeing them every day should begin to inspire you to take the steps necessary to slim down."

3) Make changes gradually

"Slower is better. You don't want to cut out pasta and start doing squats right away. So take one day a week to eat whatever you want, and make workouts fun."

4) Don't let loved ones stop you

"Sometimes the people closest to you seem the most negative—maybe they're afraid if you succeed, there won't be enough success for them, or they don't want to see you hurt. But if you want to do something, just take the shot—win or lose, you have to try."

5) Don't let failure stop you

"I was cut from my eighth-grade basketball team. This girl I knew gave me a poem that said, "Stick to the fight when you're hardest hit/ It's when things seem worst that you must not quit.' That became my motto—'Don't quit!' I even trademarked the phrase in 1981."

6) Don't stop yourself!

"Here's how it goes: You come up with a great idea, then go to bed. The next morning, you have 25 reasons you can't do it—you've stopped yourself. Go do it anyway. You might fail, but failure isn't death; it's an opportunity. If I get told, 'No,' that's halfway to 'Yes!'"

Courtesy of Jake Steinfeld

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The protein caper

Some supp companies are manipulating their formulas to give you less protein. Do you know what's in your bottle? By Daniel Brown

Due to demand, the price of whey protein has shot up in recent years, causing some manufacturers to fudge the numbers on the protein content in their products to increase profit margins. "Protein spiking," it's called. Instead of putting the full amount of protein in the product that's stated on the label, companies purposely come up short and make up the difference with cheap amino acids and other non-protein ingredients that can fool tests given for purity.

Until now, the consumer has been none the wiser. But a third-party tester and a leading brand are taking steps to address the problem.



Strong evidence. *Soon, the most trustworthy protein powders will be marked with a new seal.*

BEWARE: PROTEIN IMPOSTORS

The loophole that allows for protein spiking is created by the fact that protein content in supplements is indirectly measured by nitrogen content. (Nitrogen is the main component of protein.) Any number of things that aren't protein, such as free-form amino acids, creatine, and arginine, to name a few, can raise a powder's nitrogen levels at a fraction of the cost of whey, thus making the product appear to contain more protein than it actually does.

Of course, proteins are chemically made up of individual amino acids; but throwing a bunch of random cheap aminos into a supplement doesn't replicate the various muscle-building, health, and performance-enhancing benefits of the complete proteins that *should* be in it. And these substitutions happen more than you'd imagine.

Now, both a third-party watchdog and supplement manufacturers themselves are teaming up to blow the whistle on protein chicanery, and raise standards in the sports nutrition industry.

THE WATCHDOG IS OFF HIS LEASH

For years, just as certain pro athletes have been able to cheat their drug tests, unscrupulous companies looking to save a buck have gotten away with cheating consumers, says Frank Jaksch Jr., co-founder and CEO of ChromaDex, an independent, third-party testing laboratory.

"Whatever cheap amino acid du jour happens to be nitrogen containing, that's what people grab," Jaksch says.

But now, a new program instituted by ChromaDex aims to guarantee purity. Going forward, the company's new seal program will ensure that any protein product with the ChromaDex Quality Verified seal has been tested for the type and quality of its protein as well as for the existence of contaminants, heavy metals, and microbials.

The company not only employs nitrogen testing to determine total protein, it also runs an amino acid profile to test for free-form and bound aminos because, by definition, protein should contain very few free amino acids.

UNSCRUPULOUS COMPANIES PACK SUPPS WITH FILLERS THAT PASS FOR PROTEIN—BUT HOW CAN YOU TELL?

So, for example, even if a nitrogen test found 20 grams of protein per serving, a high-scoring test for free amino acids would be considered suspect.

"In a case like that, we'd fail the sample," Jaksch says. "If someone sends us a protein sample and it's all free amino acids, it's a dead giveaway that the stuff has been spiked. It's that ratio between the free and the bound amino acids that tells if your protein is up to snuff."

STRONG-ARMING THE INDUSTRY FOR A GOOD CAUSE

ChromaDex's testing "will be a total game changer," says James Grage, co-founder and VP of BPI Sports, a supplement manufacturer since 2009 and one of the first major brands to not only accept third-party testing, but to actively pursue it.

"You as a consumer will no longer have to guess whether you're getting a quality protein product or one that's been spiked with subpar ingredients," says Grage, adding that the ChromaDex seal will be on all BPI Sports protein products by the end of 2015.

And, while testing is being supplied to just about every player in the supplement industry, Jaksch says some companies want even more rigorous testing than others, and have taken testing a step further.

"The program we have with BPI Sports is more advanced than what we've done for anyone else," he says.

The seal program also includes a thorough audit and inspection of the company's production facilities, Jaksch adds, explaining that most supplement makers don't own their own manufacturing plants, but instead formulate their products then use outside vendors to mass-produce them.

Inspecting everything from vendors' raw materials to their outside manufacturing facilities is time-consuming and expensive, he says, so many companies avoid it—to your detriment.

Grage sees the testing as a boon to the whole industry. "This is great for everyone. Companies are going to put out better products."

And you'll build more muscle.

TRAVIS RATHBONE

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(continued from page 99)

misled the NFL about his actions in Atlantic City, as the league had asserted. And in March, Rice settled a wrongful termination lawsuit with the Ravens; reports say he was awarded $1.58 million of his $3.52 million annual salary. As of now, Rice is eligible to return to the league.

If he returns, he knows it won't be in Baltimore. That part of his life is now over.

Drafted out of Rutgers in the second round in 2008, Rice was an immediate star and the face of the Ravens franchise. He named his daughter Rayven. In 2013, he won a Super Bowl. So one of the hardest things for Rice has been accepting the fact that the city he grew to love so much he even spent his off-seasons there was no longer going to be home.

Rice's new home will be in Stamford, CT, a half-hour drive from his childhood home of New Rochelle, NY, where his mother still lives. Rice says that if a team decides to give him a chance, he won't do what he did in Baltimore and establish roots. "I'll rent," he tells me at Kinetic Sports Club, his new gym, in a commercial area of Pelham Manor, NY. "I don't want that emotional attachment again."

As we talk, he's preparing to work out with his new trainer, Jay Caldwell, a local guy who's trained many other current and former New York area pros, including Justin Tuck and Ahmad Bradshaw. Janay and Rayven are with him here, too, and as soon as Rice drops into a plank, his daughter runs over and planks right under him. "Me and coach Jay gotta work, baby," Rice says. "Can Daddy go to work?"

Rayven, at 2, probably isn't used to her father working. For the past year he's been around the house more than at any time in her short life. He made her breakfast. He took her to the zoo. "The best part about this year was taking my daughter to school," Rice says. "I can't be a halfway dad, who gets home and doesn't have time to watch *Frozen* or put the training wheels on her bike."

Still, Rice says he's been ready to take the field since last fall. "I honestly feel like I'm 25," he says between sprint drills. "I'm not condoning being out for a year—especially in my situation—but this year off was like a fountain of youth for me. It was a way to focus on things I hadn't had a chance to, in terms of my body, my overall health, my mental capacity, and what I wanted to do going forward with life."

Unlike his previous gym work, the focus of his new training has been more running-back-specific. "We want him to really be ready for free agency when they call," Caldwell says.

Rice says he'll miss the camaraderie of his Sweat Performance family and the foundation it gave him but is looking forward to "getting back into working out where I started, in my hometown." He plans to supplement trips to Kinetic with workouts at his old high school. "I have some unfinished business here in New York, too," he says.

On this day, Rice and Caldwell are working out in a large room with a turf floor and a soccer goal against one wall. It is empty except for one guy with a shaved head doing his own furious workout in a back corner. When he notices Rice taking a break, the man introduces himself, saying they'd played against each other in high school. They still have friends in common. "I remember, man!" Rice says. "What are you doing now?"

"I'm still playing," the guy replies. "In the AFL, for Philly." The AFL is the Arena Football League. "I love it. It's football, man."

Rice nods. "That's what I'm trying to get back to now."

A few minutes later, Rice is still thinking about the random dude who trains alone in order to stay fit to play a brutal game in an obscure league that barely pays a living wage. To me that seems crazy. But Rice gets it.

"I still wanna play football, not just for the money," he says. "Just give me health insurance and I'll play. It'll be like high school all over again—just playin' for the love."

MANY FOOTBALL OBSERVERS seem to think Ray Rice will get a chance to play again—but not all. When NPR asked Hall of Fame coach Bill Parcells what he thought about Rice's chances of a comeback, it wasn't the incident that gave him pause but an issue that's come up in other recent stories: Rice's on-field performance during the 2013 season, when he averaged a career-low 3.1 yards per carry. "I think if someone's demonstrated a true alteration of his behavior and true remorse for some of the things that happened, you could understand how you could kind of say, 'OK, let's see,'" Parcells said. "I think, unfortunately for Ray, it came at a time in his career [when], well, he was well down the road. Running backs' longevity isn't that long usually anyway."

Rice's response is that this stat should come with an asterisk. "I had an injury, man, a traumatic injury," he says, referring to the Grade 3 tear of his rectus femoris—one of the two major muscles in his left quad—that made it nearly impossible for him to cut right but that wasn't recognized till the season ended. He missed a total of two games but never spoke of the injury publicly. "It looked like my game had diminished, but I played through an injury," he explains. "I'm fully healed, and if you scratch that one season, I was a Pro Bowl, thousand-yard runner each year before." Discussing his on-field résumé is one of the rare times Rice sounds at all prideful. "I was catching out of the backfield, doing it all in the NFL. Now that I'm trying to clear the air, I think teams will understand that. Beat writers only see the 3.1 yards."

Rice is 28, an age at which many running backs before him have suffered precipitous career declines. The primary driver of that decline, it seems, is the accumulating damage of taking 25 to 30 hits a game, year after year. But Rice hasn't taken a hit since 2013, the season he played hurt. So if you ask him, he's not just healthy for the first time in two years, he's also fresher than at any point since college.

His weight has settled in at around 207, right where he was during his best years. He feels "light and strong," he says. He's sitting in the office at Sweat Performance, looking out at the gym. Above him, on a wall, are two rows of framed NFL jerseys, including his. "I'm ready to give it another shot."

But what if September comes and no one calls? For a short time last year, Rice let himself believe that some team would. And frankly, he had reason to be hopeful. To say that Commissioner Roger Goodell's NFL has been accepting of violent offenders is an understatement. There have been 56 episodes of domestic violence in the commissioner's eight-year tenure, and 13 of those players are still active; in fact, a few weeks after I saw Rice in February, the Dallas Cowboys signed Greg Hardy—suspended last year for allegedly choking, hitting, and threatening to kill his girlfriend—to an $11.3 million deal.

In many ways, the story of Ray Rice is now also about the power and permanence of imagery. The reason Greg Hardy is shopping for mansions in Dallas while Ray Rice is an unemployed guy working out in suburban gyms is that one's crime was filmed and the other's wasn't. That distinction is real, but is it fair? If we're going to allow second chances, should they come with caveats?

Right now the only certainty is that Rice won't wear another Ravens jersey, though he says he looks forward to playing in Baltimore again, even if it's for another team. "I honestly think I'll get more cheers than boos," he says.

Whether or not his NFL career continues, Rice says he wants to get his college degree and thinks he might become a trainer. "I just wanna live happily," he tells me. "I'm not in jail, after May I won't have a criminal record. I still have my family."

In short, he has, for the first time, some larger perspective about a world that's not framed by football. "Essentially," he says, "I got a second chance at life." ■

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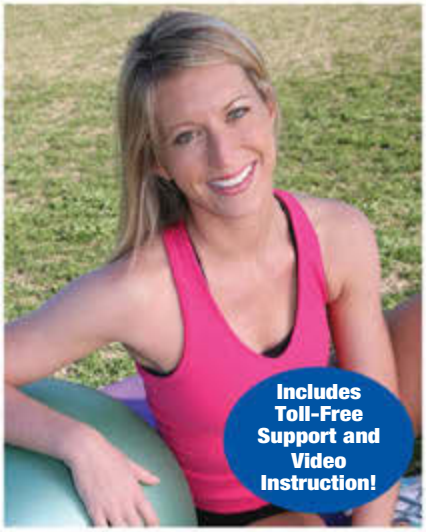
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(continued from page 86)

bathroom, and when I come back I see he's left his wallet out on the table for anyone to steal. When I mention it, he just laughs. "What's life if you can't trust people?" Sometimes he appears to have the earnestness of a golden retriever. He recently Instagrammed a photo from the gym: "Monday morning people!!! If you're not at the gym by now. You're not working hard enough!!" You get the point: Eastwood's life has no shortage of exclamation points.

Or business ventures. He's part owner in a local dive bar, Saddle Bar in Solana Beach, and is in the process of launching his own brand of whiskey called, naturally, Eastwood Whiskey. The business is 3½ years in the making, but he and his partners are hoping to finally get into production within the year. When I ask what distinguishes Eastwood Whiskey from what's already on the market, he says: "It's made here in California. The raw product we use is beer. I don't want to give too much away. It's made in America by Americans. I'm very patriotic. I love this country. Let's make an American product. Let's create jobs."

He sounds like his famously outspoken father, but Scott declines to discuss politics. So we shift the conversation back to women. I mention that his father has had seven children with five different women; in February, he brought his much younger girlfriend—the hostess from a restaurant he owns—to the Oscars. Scott, meanwhile, watched the ceremony at an *InStyle* viewing party with his agent and went to bed when *American Sniper* lost. I ask him if his dad offered him any advice on marriage.

"He just got divorced," Scott says, referring to Clint's split from Dina Eastwood in 2013. Dad's advice, he tells me with a laugh: "Think long and hard."

In the past, the younger Eastwood has been linked with country singer Jana Kramer and model Brittany Brousseau but is single at the moment. He doesn't want to rush marriage, he says, citing his mom's path: "She's still single—that played a huge role. She's really comfortable with herself." He also cites his travel schedule as a major hurdle to settling down. He's off to Germany shortly to film one of those roles no one thought he could get but did, playing an NSA agent opposite Joseph Gordon-Levitt in the yet-to-be-named Snowden biopic. Then he'll shoot an as-yet-unannounced film in Vancouver "with a great director," he says cryptically.

And though he's keeping things peaceful, he's also a thrill-seeker who gets off on being scared. He tells me what it feels like to surf a 20-foot wave. "Sometimes you think you're gonna die. The important thing is to remain calm. And breathe. Conquering fear is important for a man. I think it calms you down." When I ask what scares him most, he says, "Having kids." But his eyes grow wide as he says it, and he leans in. "I'm scared, but I kind of want to! Not today—but you start to think, I'd like to be a father someday. It's scarier to me than death."

Our stomachs full of tacos, we drive past his bar (where the bartender jokes that moms are always coming in asking, "Is Scott working today?") before heading back to his house. When we pull into the driveway, I notice he's left his front door wide open. Not just unlocked, but I-just-got-robbed open. "Just don't publish my address," he says, and laughs.

I realize he never finished his bull-riding story. What happened? How long did he last?

"Two and a half seconds," he says. "I saw my moment to get out of there alive. The bull I rode weighed 1,800 pounds. If it stomps on your face, you're fucked." He fell eight feet right on his ass and has the bruises to prove it, and pulls out his iPhone to show me a photo. He looks like an all-American dude, grinning ear to ear.

"As a man," he says, "anytime you conquer fear, you grow." ■

WHERE TO BUY

Why be bored?

PAGE 24: EXPRESS Ombre Board shorts, $59.90, available at EXPRESS stores and express.com.

Lighten up to bulk up

PAGE 33: Lucio Castro Ikat tank, $96, available at Ron Herman LA store; Nautica shorts, $59, nautica.com; Adidas Revenge Boost sneakers, $130, adidas.com; G-Shock GA110MR-4A, $130, *gshock.com*.

In Italian

PAGE 46: Wooster + Lardini Embroidered Face Three-Button sport coat, $1,425; White Button Down Collar Oxford shirt, $175; Brushed Canvas Neck tie, $175; Mélange Drop-Rise Cuffed trousers, $465; available at select Barneys New York stores and *barneys.com*

After shocks

PAGE 54: Eibach Sportline Sport Performance springs, $380, eibach.com; BBS SR wheel, $395, tirerack.com; MagnaFlow Performance exhaust kit, 15712, $546.57, summitracing.com; Turbonetics Hurricane turbocharger, 11535, $825.57, *summitracing.com*.

PAGE 55: Mothers California Gold Carnauba Wash & Wax, $4.50, mothers.com; Meguiar's DA Power System, $59.99; DA Waxing Power Pack, $11.99, *meguiars.com*

Elevating your game

PAGE 56: Calvin Klein Collection Sleeveless Athletic shirt, $395, calvinklein.com/collection; Topman hoodie, $40, *topman.com;* Calvin Klein White Label shorts, $59.50, calvinklein.com; Scosche RHYTHM Pulse Monitor, $79.99, *scosche.com/rhythm*

It's good to be Eastwood

PAGE 74: BOSS T-Campios jacket, 50282395, $845; EraldoT-shirt, 50251510, $85, *hugoboss.com*

PAGE 77: BOSS Eraldo T-shirt, 50251510, $85, *hugoboss.com*

PAGE 79: Ray-Ban sunglasses, RB 3362, $170, available select Sunglass Hut stores; BOSS T-Campios jacket, 50282395, $845; Eraldo T-shirt, 50251510, $85, *hugoboss.com*

The Natural

PAGE 88: Tommy Hilfiger jacket, Made in America collection, $349, available on *tommy.com*

PAGE 89: Tommy Bahama Multi Braid Fedora, TBW1930S-NAT2, $55, *tommybahama.com*

PAGE 90: Seiko watch, SNE331, $195, *macys.com*

PAGE 91: IZOD Oasis Boat shoes, $50, *zappos.com*

PAGE 92: Banana Republic Natural Braided Web belt, 404023, $49.50, *bananarepublic.com*

PAGE 93: Gap Canvas tote, $59.95, Gap stores and *gap.com*

Push ahead

PAGE 113: New Balance Ice Singlet tank top, $38, newbalance.com; INC. sweat pants, $49.50, available Macy's stores and macys.com; New Balance Fresh Foam Zante sneakers, $99.95, *newbalance.com*

Ask Men's Fitness

PAGE 116: **2XU** Compression short-sleeve top, $99.95; Compression tights, $109.95, 2*xu.com*

Get ripped anywhere

PAGES 124,126,128: AETHER Pieced Apparel Active tee, $75, aetherapparel.com; ISAORA No-sew Welded Running shorts, $95, isaora.com; Brooks Ravenna 6 sneakers, $110, brooksrunning.com; Jawbone UP24 fitness tracker, $129.99, *jawbone.com*

The deep chest workout

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Gym physics: Magnetism is decreased in direct relation to the forward projection of your pectorals.
May 31 / 10:01 a.m.

Gym physics: Ohm's law clearly bans yoga creepers.
May 31 / 9:52 a.m.

It's about time to break out the #hammocks.
May 30 / 6:42 p.m.

A get-strong workout that @UF strength coach @Matt_DeLancey uses: 5 moves of 5 sets x 5 reps each.
May 28 / 6:15 a.m.

Genetics vs. training? Highly recommend the great @DavidEpstein book *The Sports Gene*.
May 26 / 12:33 p.m.

[moment of silence] **#MemorialDay**
May 25 / 3:02 p.m.

No matter how fun your beach volleyball game is today, tomorrow your strained groin will mouth off about it. May 25 / 1:20 p.m.

I cannot believe you forgot to get relish. #MemorialDay
May 25 / 12:00 p.m.

"Put diced jalapeños in your guac" is not only a recipe tip but also a life strategy.
May 24 / 4:44 p.m.

Unofficial start to white-pants-are-OK season = unofficial start to stop-staring-so-much season.
May 24 / 3:17 p.m.

Indy 500 workout: 500 pushups throughout the day.
May 24 / 2:07 p.m.

#SubwayOrdersThatCouldBeBandNames One strip of mayo. May 22 / 12:44 p.m.

Plan your fall challenge now so you don't go all inner-tube lazy for the next 90 days.
May 20 / 8:07 p.m.

Snow finally stopped. #summerishere
May 20 / 3:15 p.m.



I'm neither proud nor ashamed to admit that I remember @Kiana_Tom's *Flex Appeal* on @espn.
May 19 / 4:07 p.m.

Office workout: 30 mountain climbers or pushups every time a bonehead inappropriately replies all. Get fit fast! May 18 / 9:30 a.m.

For **Mark Zuckerberg**'s birthday, maybe we all pitch in and get him a brand-new privacy policy?
May 14 / 11:12 p.m.

#TBT Toasted almond ice cream bars.
May 14 / 7:51 p.m.

Happy Mother's Day to all you badass mothers.
May 10 / 11:41 a.m.

The day that the card section at @Target is emptier.
May 9 / 9:29 p.m.

Suggested name for national gym franchise: Posterior Chain. May 7 / 1:04 p.m.

On National Teacher Day, please show the world's knuckleheads how to RERACK THEIR FREAKING WEIGHTS. May 5 / 7:20 p.m.

For **@OfficialAdele**'s birthday, I tried to set fire to the rain, but it's a bitch to blow out the candles that way.
May 5 / 9:09 p.m.

If anyone says, "May the Fourth be with you" today, you have permission to lightsaber his arm off.
May 4 / 10:01 a.m.

Would anyone be opposed to seeing @PaulinaGretzky in a #kentuckyderby hat?
May 2 / 4:12 p.m.

WTF is a mint julep anyway?
May 2 / 11:11 a.m.

How do I make a mint julep?
May 2 / 9:04 a.m.

New *Avengers* debuts today. Maybe **Scarlett Johansson** will finally do the same on Twitter? #scarjoselfies
May 1 / 10:00 p.m.

SEAN McCABE

From top: Hulton Archive/Getty Images; Kevin Winter/Getty Images; Walt Disney Studios Motion Pictures/Courtesy Everett Collection; David Paul Morris/Getty Images



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